161 Recipes & Tips | Ice Cream Floats | Contest: Grill, Baby, Grill!

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COOKING, CARING & SHARING® | JUNE/JULY 2011

IT'S EASY WITH THIS GRAND OLD FLAG!

Want to say thanks to the men and women of the U.S. armed services who protect our freedom every day? It's a piece of cake! Visit **tasteofhome.com/flagcake** before July 4, 2011, and we'll donate 10 cents to the USO for every person who views this recipe (up to $100,000)!

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tasteofhome
So summer!
Help Yourself to the Season's Best Picnics, Potlucks & New Family Favorites
CELEBRATE AMERICA!
3 GREATEST BURGERS We've Tested Ever!

ON OUR COVER Patriotic picnics and other celebrations demand a scrumptious finish. This Red, White and Blue Cheesecake will wow your crowd. Make sure to grab a piece for yourself, *page 29*!

Photographer: **Rob Hagen**
Set Stylist: **Stephanie Marchese**
Food Stylist: **Sue Draheim**

VISIT US ONLINE From juicy burgers to delectable desserts, you'll find just what you need for everything from weekend picnics to poolside parties at **tasteofhome.com/summerrecipes**

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Creativity reigns in the *TOH* photo studio. Here, food stylist **Kathryn Conrad** puts finishing touches on an awesome Jungle Float, page 56.

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Brrr! Our test kitchen works months in advance of each issue, which means they tested the top entries for our grilling contest (*page 65*) in the dead of winter. Here's TK expert **Annie Rundle** on January 21st, making sure her veggies are perfectly charred. By the way, it was snowing and 10 degrees outside!

Longtime readers know her face and name well. After 12 years of outstanding service, our food editor, **Pat Schmeling**, is retiring. We'll miss her wit, spunk and knack for finding delicious recipes. The *TOH* staff and readers thank Pat and wish her well!

It's Getting HOT in Here!

Thanks to you, we're heating up our efforts in the **digital books marketplace**. *And* I'm trying out a **smokin' hot relish** you told me about

In the last couple of issues, I asked for your thoughts on two questions: What special ingredient do you use when you cook, and do you have an e-reader? In both cases, I was surprised and impressed with the number and quality of your responses (which are still rolling in).

To the first question: Often your special stuff is an herb or spice, and for many of you that spice involves extra heat. My favorite suggestion came from Lori Hamilton of Lake Charles, Louisiana, who puts Ragin' Cajun Spicy Sweet Jalapeno Relish on "everything I can think of!" she says, including tuna, chicken salad and ground beef for burgers. Got to get me some of that!

What really excited me, though, was how many of you responded to my second query. Not only do you have e-readers and other mobile devices, you just can't wait to see *Taste of Home* products in digital format. Your lightning-quick and positive reaction has pushed us to move faster into the marketplace.

So I'm happy to announce that we now have 13 smoking-hot-off-the-digital-press *Taste of Home* e-cookbooks available for purchase, including:

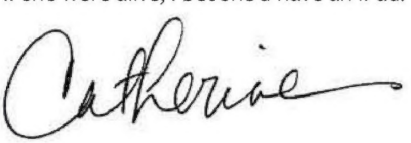
- ***MOST REQUESTED RECIPES*** Pretty much what it sounds like, the ones that are the most often searched on our Web site, **tasteofhome.com**.
- ***EVERYDAY SLOW COOKER & ONE-DISH RECIPES*** A collection of favorite reader recipes for this terrific appliance. The perfect way to keep the kitchen cool in the summer.
- ***ULTIMATE CASSEROLES*** Who doesn't love a good ingredient mash-up lovingly baked to perfection?
- ***COMFORT FOOD DIET COOKBOOK FAMILY CLASSICS EDITION*** This year's serving of our smashingly popular weight-loss plan.
- ***BACKYARD BARBECUE*** Great grilling recipes and ideas that will take you far beyond the burger.

Want to order? There are a couple of ways you can do that. Find out everything you need to know at **tasteofhome.com/eCookbooks**.

We also offer *Taste of Home* magazine (yes, the very one you're holding) in digital format. Every single issue. The same "flip-through" experience, easily accessed on your computer or e-reader, with plenty of links to more handy info on our awesome Web site. This is how my daughter likes to read *Taste of Home*. If you'd like to get our magazine for yourself or as a gift, either as single issues or as a subscription, just go to **tasteofhome.com/DigitalEdition**.

And those of you with smartphones might be happy to learn that we're developing an app, too.

Lastly, you scolded me—and rightly so—for mentioning Gaga's Three-Holer cake in a previous issue but not including the recipe in the magazine (here it is, *at right*). While the recipe dates from the Depression era, Gaga was a live-in-the-moment kind of gal. Well into her 90s, she took a bus trip to Reno to gamble. If she were alive, I bet she'd have an iPad.



CATHERINE CASSIDY Editor-in-Chief

P.S. Tune in to QVC on June 22. *Taste of Home* will be the coveted Today's Special Value. I'll wave to you all!

WE WANT TO HEAR FROM YOU!

Imagine yourself in a cooking video...

We'd love to see you in one, too! Would you ever share home-cooking videos with us the way you share recipes and tips?

SEND YOUR ANSWERS TO: editors@tasteofhome.com and put "Catherine" on the subject line

Gaga's Three-Holer

1½ cups sifted flour
1 cup sugar
3 Tbsp. cocoa, unsweetened
1 tsp. baking soda
½ tsp. salt
⅓ cup canola oil
1 Tbsp. vinegar
1 tsp. vanilla
1 cup cold water

1. Measure flour, sugar, cocoa, soda and salt into sifter; sift twice. Sift all into an ungreased 9-inch square baking pan.

2. Make 3 holes; put canola oil in one, vinegar in second and vanilla in third. Pour water over all. Mix with a fork until blended and batter is thin. Bake at 350° for 30 min., no more. Cake is so moist it doesn't need frosting.

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Find recipes and cooking tips from the Mushroom Council at **mushroominfo.com** and check out the "Mushroom Channel" on Facebook and Twitter.

No purchase necessary to enter or win. Contest begins March 1, 2011 and closes August 1, 2011. Open to U.S. and Canadian residents age 18 and over. Void where prohibited. For entry and other details, including official rules, visit tasteofhome.com/mushroomcontest.
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Grilled Crimini Skewers with Chermoula Sauce | SERVES 6

- ½ cup diced onion
- 2 tbsp. minced garlic
- ¼ cup fresh cilantro
- ¼ cup fresh mint
- 2 tbsp. sweet paprika
- ½ tbsp. ground coriander seeds
- 1 tbsp. freshly ground black peppercorns
- 1 tbsp. kosher salt
- ½ tbsp. cayenne
- 4 medium lemons, juice only
- 6 tbsp. olive oil
- 24 large crimini mushrooms
- 2 large red peppers, seeded and diced in ½-inch pieces

Chermoula: Combine onion, garlic, cilantro and mint in a mini food processor. Blend to a paste, then stir in paprika, coriander, black pepper, salt and cayenne. Drizzle in lemon juice and 3 tbsp. olive oil. In a large bowl, pour chermoula over mushrooms. Mix well and cover for half an hour.

Skewers: Preheat grill to very hot. Using wood skewers, thread 4 mushrooms and sweet pepper pieces on each. Drizzle mushrooms with olive oil and place on hottest part of the grill. After 2 minutes, turn skewers carefully with kitchen tongs. Cook for another 3 minutes. Serve over rice or fresh greens.

HEALTHY EATING TIP **Whether button, portabella or crimini, mushrooms bring vitamins D, B and powerful antioxidants to the table.**

mixing bowl

FOOD news • TASTY nuggets • FUN notes

Keep the good times rolling with lighthearted questions for family and friends. **theboxgirls.com**, *$20*

LET'S PARTY!

Get your backyard **shindig-ready** with festive DIY ideas and priced-right party decor

Plates with Pep Bold floral graphics dress up durable melamine dishes and add a rainbow of color to your table. Pop Flower Plates, set of four, **crateandbarrel.com**, *$20*

Center Stage Stitch together your own table runner with vintage hand towels, flea market napkins, or even bandanas or hankies. For easier sewing, make sure each square of fabric is about the same width.

Flower Power Ask guests to bring a few cut flowers from their gardens to add to a vase. You'll get a lovely centerpiece that doubles as a conversation starter.

Super Cool Cooler Breathe new life into old flowerpots: Hit 'em with a fresh coat of vibrant paint, then fill with ice and beverages.

Cheers! Made from recycled glass, these cups bring an earth-friendly touch to any gathering. Red & Orange Stripe Tumblers, **pier1.com**, *$7*

Bright Lights Illuminate your picnic table or light the way for party guests with these colorful hanging jars. Hanging Glass Tealight Jars, set of six, **worldmarket.com**, *$18*

Eternal Flame These long-lasting tea lights burn for seven hours! Perfect partners for our glass jars. Jumbo Premium Soy Tea Lights, set of four, **countrylightcandle.com**, *$8*

Can-tastic! Keep utensils organized, accessible and easy on the eyes by painting an empty can (label removed) in a happy hue and hot-gluing a pretty ribbon around it.

Instant Playlist Crank the right tunes and fun will follow. Here are a few sunshiny faves from our staff. *Hot Fun in the Summertime*—Sly and the Family Stone, *School's Out*—Alice Cooper, *Hot Child in the City*—Nick Gilder, *In the Summertime*—Mungo Jerry

GIMME 5

S'mores with way more

You know the drill: graham cracker, marshmallow, chocolate square. Square indeed! We asked our staff for favorite ways to rev up this popular campfire treat.

"Mini Snickers bars in place of Hershey chocolate bars, or the classic with a touch of jarred caramel for good measure." **—MARIE PARKER** ASSOCIATE FOOD EDITOR

"I'm a s'mores fanatic! After roasting my marshmallows, I dip them in Irish Cream, then sandwich with chocolate and graham crackers. Or I push a fresh pitted cherry into the roasted marshmallow and then sandwich as usual." **—TINA BELLOWS** RECIPE EDITOR

"Valrhona Chocolate, crème fraîche and beluga caviar. I'm joking!" **—JOANNE WEINTRAUB** COPY EDITOR

"Mangos, milk chocolate and marshmallows on graham crackers; or strawberries, fresh basil and marshmallows on chocolate wafer cookies." **—DIANE WERNER** FOOD DIRECTOR

"Chocolate, marshmallows and honey on graham crackers." **—SVEN CARLSON** SENIOR COPYWRITER, HOME & GARDEN

HATS OFF

A birthday to remember

How ironic that my child's first birthday party became the event of the year, despite the fact that he likely wouldn't remember a thing about it. Well, my first child is also the first grandchild and my grandma's first great-grandson. So the pressure was on to make Dylan's birthday a big deal. Luckily, I love to host and cook—so I went all out.

The theme was Mickey Mouse Clubhouse, and I carried it as far as I could, from the chicken nuggets and cheese slices to the balloon bouquets, all Mickey-shaped. But the greatest accomplishment was the cake.

A week before the party, I made the fondant and stored it in the refrigerator. It was my first time trying fondant, and I made so much of it that it was coming out of my ears! Then I spent an evening cutting out all the shapes with round cookie cutters and a paring knife. Two days before the party, I baked the cakes, and the next night I assembled everything. Everyone raved about the event, and especially the cake. I think people still question whether I made it myself, but I can truly say I did!

—LINDSAY BOYD LEWIS CENTER, OHIO

WHAT'S YOUR "HATS OFF" COOKING TRIUMPH? Send it to **editors@tasteofhome.com** and put "Triumph" in the subject line. We'll award one success story each issue with a *Taste of Home* chef's hat, handmade by Field Editor Virginia Watson of Missouri. Congrats, Lindsay!

ILLUSTRATION: ALLI ARNOLD / ART DEPARTMENT

Instant Playlist *Summertime*—DJ Jazzy Jeff & The Fresh Prince, *Summer in the City*—The Lovin' Spoonful, *Heat Wave*—Martha and the Vandellas, *Long Hot Summer*—The Style Council, *Summer of Love*—The B-52's, *Vacation*—The Go-Go's

PLAY WITH YOUR FOOD

Your kids may think veggies are just ho-hum, but here's a way to turn them into real humdingers

For more easy ideas for kids, turn to *page 56*.

Veggie Cheese People

We used **celery**, **grape tomatoes**, **string cheese**, **zucchini**, **yellow squash**, **sugar snap peas** and **black olives** to fashion these cool guys. Cut vegetables and cheese into desired shapes. Thread the shapes on skewers; use toothpicks to attach arms and legs.

TIP: *We suggest an adult do the cutting and slicing, then let the kids have free reign over their creatures.*

Family Fun Starts Here!

If you're looking for birthday or classroom treats, cookout fare or snacks, dinners and lunches the kids will eat, check out our newest cookbook, *Fun Food*. It even includes simple recipes that kids can prepare with little or no help! You'll find it on newsstands June 21 through August 22.

STUFF WE LOVE 'GRATE' GRILLS

No matter your price range or gas vs. charcoal preference, we've got the right grill for you, tested and approved by our test kitchen staff

More Coal, Stat! It's a cinch to refuel this grill's fire, thanks to its special features.

Not-So-Average Joe This standard grill is priced right and cooks like a dream.

Vintage Style It's modeled off the wild success of the original, which was created in 1952.

The Jaw Dropper Chins will hit the floor when grill mavens step up to this fancy option.

1 **Char-Griller 1515 Patio Pro: Charcoal, *$106*, sears.com** This petite grill is ideal for small outdoor spaces or when cooking for just a few people. We love its side-drawer access for adding charcoal, the stay-cool wood handle and side air vent.

2 **Portable Kitchen Cast Aluminum Grill and Smoker: Charcoal, *$280*, pkgrills.com** This retro-looking grill offers heavy cast aluminum construction to reflect heat and ensure even cooking, plus it won't rust. We like the large grilling surface, the easy access to charcoal during cooking, and the adjustable vents in the lid and dampers under the fire for quick and easy temperature control.

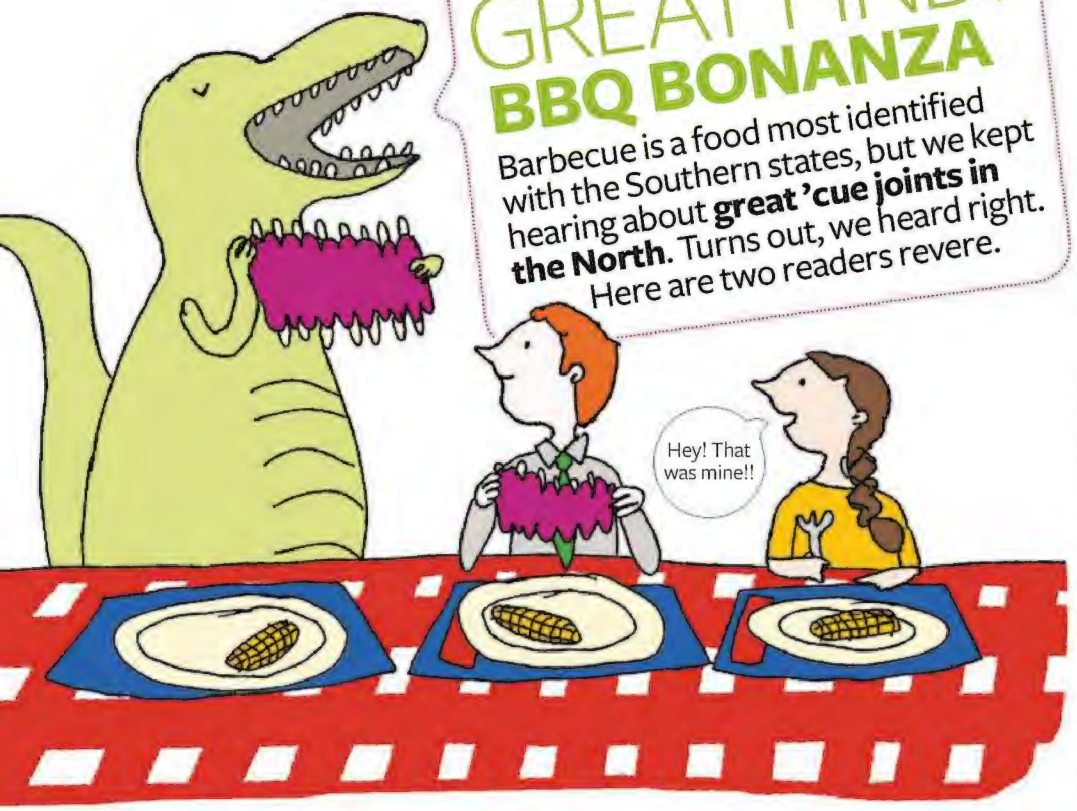
3 **Ducane Affinity 3100: Gas, *$300*, acehardware.com** Here's an excellent everyday gas grill. We appreciate the side shelves for storing plates and utensils, and the quick and perfectly even heating: It took just five minutes for it to reach 450 degrees!

4 **Weber Summit S-670: Gas, *$2,300*, homedepot.com** We fell head over heels for this state-of-the-art grill with all the bells and whistles. We adore the lighting system on the hood and knobs for late-night grilling; the quick-cooking rotisserie (a 3½ pound chicken took just 1 hour!); and the even grilling. **Other features to love:** a sear station, a side burner and the whole unit's great looks.

Summer Nights—Olivia Newton-John & John Travolta, *Here Comes the Sun*—The Beatles, *Summer Breeze*—Seals & Crofts, *Saturday in the Park*—Chicago, *Under the Boardwalk*—The Drifters, *Sunshine Superman*—Donovan, *Good Vibrations*—The Beach Boys

GREAT FIND: BBQ BONANZA

Barbecue is a food most identified with the Southern states, but we kept hearing about **great 'cue joints in the North**. Turns out, we heard right. Here are two readers revere.



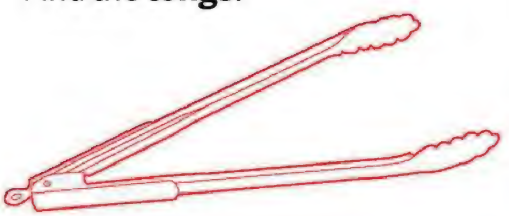
Dinosaur Bar-B-Que Donna Rubadeau-Schweitzer and Field Editor Susan Stetzel, both of New York, insist that this is the best in their state. The restaurant began as a traveling concession stand in 1983 and now boasts four locations throughout the state. It's frequently visited by food magazines and TV shows. The place is so popular, its specialty sauces and rubs are even sold in Europe and Japan. **dinosaurbarbque.com**

17th Street Bar & Grill Over in Illinois, readers Stacey Biggs and Cindy Waller Hamilton swear by this barbecue in Marion. Owner Mike Mills, known best as "The Legend," presides over the pits at his seven restaurants and has been winning barbecue contests for years. From seafood to beef, 17th Street gives almost every item on the menu a turn on the grill or in the pit. **17thstreetbarbecue.com**

Find Something Great?
Got a special food find, be it a diner, festival or more? Send it to **editors@tasteofhome.com**

HIDE & SEEK

Enter our hidden object contest! Find the **tongs**!



You could win a copy of the *Taste of Home Grill It!* cookbook, with more than 340 new grilling recipes to help you go beyond basic burgers and hot dogs and impress family and friends.

Go to **tasteofhome.com** to enter; 100 winners will be drawn from entries with the correct answer. Or mail a postcard with the page number and your name, address and phone number to Hide & Seek, *Taste of Home*, 5400 S. 60th St., Greendale WI 53129. Winners are drawn at random.

In our April/May issue, the ladle was on page 58 in the bowl of cilantro.

TWO MASTERS, ONE BOOK

Taste of Home has teamed up with the producers of the popular series "MasterChef" (currently in its second season on FOX TV) to create a cool publication of the same name. You'll find recipes, tips and stories from "MasterChef" judges and contestants. Look for this luscious, 144-page book on newsstands everywhere beginning July 12. Don't miss it!

MasterChef

SURVEY SAYS: *Yummy!*

Summer's here and aren't we glad for it! We asked our Facebook fans what summer food they couldn't live without, and each answer made us excited to dig into the season. Here are a few of them:

- **Lavender honey ice cream**
- **Toasted tomato sandwiches with mayo**
- **Burned roasted marshmallows**
- **Snow cones**
- **Fresh lobster and clam bakes**
- **Baked cobblers with fresh-picked fruit**
- **Mint juleps**
- **Mango pico de gallo**
- **Homemade sour pickles**

We've been ranked one of the Top 10 most engaging magazines on Facebook! Become a fan and start sharing your opinions at **facebook.com/tasteofhome**

Instant Playlist *The Hissing of Summer Lawns*—Joni Mitchell, *Summertime*—Big Brother & The Holding Company featuring Janis Joplin, *Wipeout*—The Surfaris, *Smooth*—Santana featuring Rob Thomas, *Summer*—War, *Cruel Summer*—Bananarama

ILLUSTRATION: ALLI ARNOLD / ART DEPARTMENT

open house

BRIGHT IDEAS for welcoming friends & family into your home

Look Inside! Peek into this charming Southern home's beautiful kitchen, restored to pair modern convenience with Civil War-era style

Polishing the Family Jewel

An Alabama couple reclaims Grandma's house and transfoms the heirloom kitchen with her in mind

BY ELIZABETH RUSSELL | PHOTOGRAPHY BY ROBERT RAUSCH | STYLING BY ANGIE MOSIER

Family Ties Jessica's family loves reminiscing on the front porch. Pictured, from left to right, are Jessica's mother-in-law, Marie Young; Jessica; her brother Billy Walton (behind her); and her husband, Barry.

Little Things Count All the cabinets feature special carving to make them look like pieces of furniture and better fit the home's historic feel.

When the entire family can recall fond memories of Grandma's house, you know it was a special place to be—and an even more difficult place to lose.

"The house was built in the mid-1800s, and my grandparents—Big Mama and Papa, as we called them—were only the third family to live there," says Jessica Washburn. "When the house was sold in the 1970s, I started dreaming of the day I would be able to buy it back."

That day arrived in February 1998, when Jessica and her husband, Barry, settled into the home she visited as a child in Greensboro, Alabama. "We have a passion for historic homes, and moving into this one was the ultimate," she says. "It was like welcoming a long-lost family member back home. We're a close-knit family and our roots run deep, so everyone was pleased when we bought the house."

But when the couple moved in, they found their memories of the home didn't match its new floor plan. "The original kitchen, with its dirt floor and fireplace, had been on the lower level, but Big Mama built a new kitchen upstairs and used the old one as a root cellar for her homemade pickles and churning butter," Jessica explains. "The new owners had turned Big Mama's second-floor kitchen into a large dressing closet, and built their new kitchen in the root cellar, installing linoleum floors and a few cabinets. Thankfully, they kept the original brick fireplace."

The Washburns vowed to remodel the kitchen one day, replacing the disintegrating cabinets and outdated appliances. "But that one day turned into 10 years," says Jessica. "In the meantime, I pored over remodeling magazines and made lists of what my new kitchen would have."

They were kicked into action in 2008, when,

HAVE A GREAT KITCHEN?

We'd love to see what you've done with the place. Send photos (including "before" shots if it's a remodel) plus a family photo to **editors@tasteofhome.com**. If we feature your kitchen, you'll receive $250.

Savvy Planning
The china cabinet offers more storage while contributing to the room's open feel.

Cooking Convenience
"I love this double oven—convection on the bottom and regular on the top—during the holidays," says Jessica.

Well-Chosen Details
Jessica selected a punched-tin backsplash in keeping with the home's history.

1 **Dual Purpose** With a smaller kitchen, Jessica created as much storage space as possible. "It's small in size but big on storage," she says.

2 **Stock Up** In a nod to their "make every inch count" philosophy, the Washburns' contractor found space for two pantries.

3 **Hearth with Heart** The home's original fireplace is a focal point in the new kitchen.

after a heavy Southern downpour, Jessica found the kitchen full of standing water. "At that point, we knew we had to do something quickly," she says.

Jessica and Barry hired a contractor, and Jessica shared her wish list with him. "I wanted a modern space, but not so modern that it compromised our home's history. Storage was important—I wanted drawers, and lots of them. And because the room is small, every square inch had to be utilized."

She got every one of those things. "No matter how hard I try to think of something, there's nothing I would change about it," Jessica says. "I love this kitchen. It's perfect for when my sons come to visit and for the dinner parties Barry and I host. The best is when this room is filled with the people we love."

Jessica knows it's just what Big Mama would want: her home sheltering her family once again. "I can tell you, if my grandmother were alive today, she would be so happy to see this." And so, this special house, with all its old memories, has become a place for the family to make new ones, too. ■

MORE ONLINE:
See what Jessica's kitchen used to look like at
tasteofhome.com/kitchentour

Are you living with chronic osteoarthritis pain or chronic low back pain?

Cymbalta can help.

Cymbalta is approved by the FDA for the management of chronic musculoskeletal pain in people with chronic osteoarthritis pain and chronic low back pain.

There is good news.

When taken once a day, every day, Cymbalta can help significantly reduce your chronic osteoarthritis pain or chronic low back pain. It is a non-narcotic, non-NSAID prescription medicine.

Did you know that your body has a natural pain-suppressing system that can help regulate the amount of pain you feel?

Although the exact way that Cymbalta works to reduce chronic osteoarthritis pain or chronic low back pain is unknown, it is believed that Cymbalta helps lessen pain by enhancing the body's natural pain-suppressing system by increasing the activity of serotonin and norepinephrine in the brain and spinal cord.

Visit cymbalta.com or call 1-877-CYMBALTA to learn more. Ask your doctor about Cymbalta.

Cymbalta is approved for the management of chronic musculoskeletal pain in people with chronic osteoarthritis pain and chronic low back pain.

Important Safety Information About Cymbalta

The most important information you should know about Cymbalta:

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

Cymbalta® (duloxetine HCl) is not for everyone.

Do not take Cymbalta if you:

- have recently taken a type of antidepressant called a Monoamine Oxidase Inhibitor (MAOI) or Mellaril® (thioridazine)
- have uncontrolled narrow-angle glaucoma (increased eye pressure)

Talk with your healthcare provider:

- about all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes
- if you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- about your alcohol use
- about all your medicines, including those for migraine, to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- if you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- before stopping Cymbalta or changing your dose
- if you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment
- about your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- if you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- if you develop problems with urine flow while taking Cymbalta
- if you are pregnant or plan to become pregnant during therapy, or are breast-feeding

Most common side effects of Cymbalta (this is not a complete list):

- nausea, dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating

You are encouraged to report negative side effects of Prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Other safety information about Cymbalta:

Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

How to take Cymbalta:

Take Cymbalta exactly as directed by your healthcare provider. Cymbalta should be taken by mouth. Do not open, break or chew capsule, it must be swallowed whole. Cymbalta can be taken with or without food.

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See back page for additional Information For Patients About Cymbalta, including Boxed Warning.

Cymbalta® duloxetine HCl DELAYED RELEASE CAPSULES

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If you need assistance with prescription costs, help may be available.
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Lilly

Information For Patients About Cymbalta

Please read this information carefully before you, or your family member start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

What is the most important information I should know about Cymbalta?

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); for the management of fibromyalgia (FM); the management of diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain; and for chronic musculoskeletal pain, including the management of chronic pain due to osteoarthritis and chronic low back pain.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a Monoamine Oxidase Inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI
- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

What should I talk to my healthcare provider about?

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- About your alcohol use
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles
- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta
- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly
- If you are pregnant, plan to become pregnant, or are breast-feeding
- If you experience dizziness or fainting upon standing while taking Cymbalta. This is likely to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta

What should I avoid while taking Cymbalta?

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.

What are the most common side effects of Cymbalta?

- In clinical studies for approved indications (depression, generalized anxiety disorder, diabetic nerve pain, fibromyalgia, and chronic musculoskeletal pain, including chronic pain due to osteoarthritis pain and chronic low back pain), the most common side effect was nausea.
- Other common side effects included dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating.

This is not a complete list of side effects. See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects. **You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.
- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

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Lilly Corporate Center
Indianapolis, IN - USA

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TASTEOFHOME.COM/COOKING-SCHOOLS

hands **on**

Guests won't have to perform a balancing act when you serve these **easy-to-grasp appetizers**

Try as you might, it's often difficult to mingle with the party crowd when you're trying to juggle a plate of snacks in one hand and a cool beverage in the other. Not to mention trying to eat or drink them! So when you host a get-together this summer, put your own guests at ease by serving sweet and savory bites of delight on skewers or toothpicks. With their built-in handles, appetizers on sticks are easy to grab as guests pass the buffet table, and there's no messy fingers.

Cajun Shrimp Skewers

If your crowd likes spicy, these tender shrimp are a must! For extra tang, squeeze the lemon wedge over them. I like to serve the shrimp on a bed of greens with rings of red and orange pepper.
—BRIDGET COULTER SAN DIEGO

PREP: 20 MIN. + MARINATING • **GRILL:** 5 MIN.
YIELD: 8 SKEWERS

- **2 Tbsp. olive oil**
- **1 Tbsp. onion powder**
- **1 Tbsp. paprika**
- **1 Tbsp. lemon juice**
- **1 garlic clove, minced**
- **½ tsp. dried thyme**
- **¼ tsp. crushed red pepper flakes**
- **¼ tsp. coarsely ground pepper**
- **¼ tsp. cayenne pepper**
- **1 lb. uncooked jumbo shrimp, peeled and deveined**
- **1 medium lemon, cut into wedges**

1. In a large resealable plastic bag, combine the first nine ingredients. Add the jumbo shrimp; seal bag and turn to coat. Refrigerate for at least 30 minutes.
2. On eight metal or soaked wooden appetizer skewers, thread shrimp and lemon wedges. Grill, covered, over medium heat or broil 4 in. from the heat for 5-8 minutes or until shrimp turn pink, turning once.

Caprese Appetizer Bites

Thread **grape tomatoes**, fresh **basil leaves** and **mozzarella cubes** onto wooden skewers. Drizzle with **olive oil** and **balsamic vinegar**. *Makes 1 dozen.*
—CHRISTINE MITCHELL GLENDORA, CALIFORNIA

Caramel Apple & Brie Skewers

I'm a caterer, and this is one of my best-selling appetizers. With store-bought caramel topping, it's a breeze to assemble them, too.
—CAMILLE ELLIS TAMPA, FLORIDA

PREP/TOTAL TIME: 10 MIN. • **YIELD:** 6 SKEWERS

- **2 medium apples, cubed**
- **1 pkg. (6 oz.) Brie cheese, cubed**
- **½ cup hot caramel ice cream topping**
- **½ cup macadamia nuts**
- **2 Tbsp. dried cranberries**

1. On each of six wooden appetizer skewers, alternately thread apple and cheese cubes; place on a serving tray. Drizzle with caramel topping; sprinkle with macadamia nuts. Garnish with cranberries.

Ginger-Tuna Kabobs

When you want to impress guests with something a little out of the ordinary, skewer these distinctive kabobs with an Asian flair. To save time, make the dipping sauce a day ahead.
—MARY BETH HARRIS-MURPHREE TYLER, TEXAS

PREP: 25 MIN. + MARINATING • **COOK:** 5 MIN.
YIELD: 16 KABOBS

- **¼ cup soy sauce**
- **2 Tbsp. rice vinegar**
- **1 lb. tuna steaks, cut into 16 cubes**
- **1 Tbsp. sesame seeds**
- **1 Tbsp. pepper**
- **2 Tbsp. canola oil**
- **16 pickled ginger slices**
- **1 bunch watercress, optional**
- **½ cup wasabi mayonnaise**

1. In a large resealable plastic bag, combine soy sauce and vinegar; add the tuna. Seal bag and turn to coat; refrigerate for 30 minutes.
2. Drain tuna and pat dry; discard marinade. Sprinkle tuna with sesame seeds and pepper. In a large skillet, brown tuna on all sides until medium rare or slightly pink in the center; remove from skillet.
3. On each of 16 wooden appetizer skewers, thread one ginger slice and one tuna cube. Arrange on a serving platter lined with watercress if desired. Serve with wasabi mayonnaise. ■

"I am always on the lookout for fun, colorful plastic drink stirrers to turn into skewers. All I have to do is cut off the ball at the bottom end."

—KATHY HAWKINS
INGLESIDE, ILLINOIS FE

More to Chew On
Our new *Summer Appetizers* cookbook gets the party started! Kick back with inventive cocktails, quick dips and cool starters—no oven needed. Find our favorite snacks for the beach and road trips, too. On newsstands through August 29.

MORE ONLINE:
For more easy party food, visit **tasteofhome.com/appetizers**

Come One, Come All

Share your meal and your friendship when you sit down to the dinner table

There's a lovely tradition going on at the Horst home near Monterey, Tennessee. "Sunday dinner is a time of fellowship, for getting away from your busyness," says *Taste of Home* reader Esther Horst. So, with that in mind, she and others in the congregation of her church, many of whom were raised Mennonite, created a hospitality group. "Members take turns hosting any guests to our church for that day's Sunday dinner," says Esther. Even if the number of guests gets quite large, Esther; her husband, Merle; and their three children enjoy sharing their table with others. As she says—it isn't only about the food. It's about reaching out and opening your home and hearts to others.

Why not adopt this tradition as your own? It's easy to make Sunday dinner a time to:

- Get to know one of your co-workers and her family
- Extend a warm welcome to new neighbors
- Reach out to someone during a time of need

You can get started with this fabulous summer meal, which includes Esther's favorite grilled squash, along with other recipes designed to help you share both great food and fellowship.

Chipotle Beef Tenderloins

Head outside for your Sunday dinner and grill this tender steak that's kicked up with a smoky homemade picante sauce. Any leftover sauce is great with tortilla chips.

—GENE PETERS EDWARDSVILLE, ILLINOIS

PREP: 40 MIN. • **GRILL:** 10 MIN.
YIELD: 6 SERVINGS

- ¾ cup chopped sweet onion
- ¾ cup chopped green pepper
- 1 jalapeno pepper, seeded and minced
- 1 chipotle pepper in adobo sauce, minced
- 2 Tbsp. olive oil
- 3 cups seeded chopped tomatoes
- 1 Tbsp. chipotle hot pepper sauce
- 2 tsp. sugar
- 1 tsp. salt
- 1 tsp. chili powder
- ½ tsp. ground cumin
- 2 Tbsp. minced fresh cilantro
- 1 tsp. Liquid Smoke, optional
- 6 beef tenderloin steaks (1½ in. thick and 6 oz. each)
- 2 tsp. steak seasoning

1. In a Dutch oven, saute the onion, green pepper, jalapeno and chipotle pepper in oil until tender. Add the tomatoes, pepper sauce, sugar, salt, chili powder and cumin. Bring to a boil. Reduce the heat; simmer, uncovered, for 30 minutes or until thickened, stirring frequently.
2. Remove from the heat; stir in cilantro and Liquid Smoke if desired.
3. Meanwhile, sprinkle steaks with steak seasoning. Grill over medium heat for 7-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°). Serve with sauce.

Watercress with Fennel & Berries

I like to experiment when I'm cooking, and this unique, fresh-tasting summer salad is one of my best success stories.

—JIM RUDE JANESVILLE, WISCONSIN

PREP/TOTAL TIME: 20 MIN.
YIELD: 6 SERVINGS

- 4 cups watercress
- 1 cup thinly sliced fennel bulb
- ½ cup fresh blueberries
- ¼ cup chopped fennel fronds
- ¼ cup pistachios, toasted
- ⅓ cup refrigerated spinach salad dressing with bacon
- 1 Tbsp. orange juice
- 1 tsp. grated orange peel
- 1 tsp. teriyaki sauce

1. In a salad bowl, combine the first five ingredients. In a small bowl, whisk the remaining ingredients. Drizzle over salad; toss to coat. Serve immediately.

Editor's Note: *This recipe was tested with Marie's brand salad dressing.*

Easy Grilled Squash

This is one of my favorite ways to use butternut squash, which I love not just for its flavor but also because it's full of vitamin A. It's great with grilled steak or chicken.

—ESTHER HORST MONTEREY, TENNESSEE

PREP/TOTAL TIME: 20 MIN.
YIELD: 4 SERVINGS

- 3 Tbsp. olive oil
- 2 garlic cloves, minced
- ¼ tsp. salt
- ¼ tsp. pepper
- 1 small butternut squash, peeled and cut lengthwise into ½-in. slices

1. In a small bowl, combine the oil, garlic, salt and pepper. Brush over squash slices.
2. Grill squash, covered, over medium heat or broil 4 in. from the heat for 4-5 minutes on each side or until tender.

Bluebarb Pie

If you're a fan of strawberry-rhubarb pie, you'll want to try this twist on the classic. Here, blueberries provide the sweet counterpoint to the tart rhubarb, with mouthwatering results.

—**STEVE GYURO** FRANKLIN, WISCONSIN

PREP: 50 MIN. + CHILLING • **BAKE:** 40 MIN. + COOLING • **YIELD:** 8 SERVINGS

- **2 cups all-purpose flour**
- **1 tsp. salt**
- **⅔ cup shortening**
- **6 to 8 Tbsp. ice water**

FILLING:

- **1½ cups sugar**
- **3 Tbsp. quick-cooking tapioca**
- **¼ tsp. salt**
- **4 cups sliced fresh or frozen rhubarb, thawed**
- **2 cups fresh or frozen blueberries, thawed**
- **1 Tbsp. butter**
- **1 tsp. 2% milk**
- **Coarse sugar or additional granulated sugar, optional**

1. In a small bowl, combine flour and salt; cut in the shortening until crumbly. Gradually add water, tossing with a fork until dough forms a ball. Divide dough in half so that one portion is slightly larger than the other; wrap each in plastic wrap. Refrigerate for 4 hours or until the dough is easy to handle.
2. On a lightly floured surface, roll out larger portion of dough to fit a 9-in. deep-dish pie plate. Transfer pastry to pie plate. Trim pastry even with edge.
3. For filling, in a large bowl, combine the sugar, tapioca and salt. Add rhubarb and blueberries; toss to coat. Let stand for 15 minutes. Transfer to crust. Dot with butter.
4. Roll out remaining pastry to fit top of pie. Place over filling. Trim, seal and flute edges. Cut slits in pastry. Brush with milk; sprinkle with coarse sugar if desired.
5. Bake at 400° for 40-45 minutes or until crust is golden brown and filling is bubbly. Cover edges with foil during the last 15 minutes to prevent overbrowning if necessary. Cool on a wire rack.

Editor's Note: *If using frozen rhubarb, measure rhubarb while still frozen, then thaw completely. Drain in a colander, but do not press liquid out.* ■

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Red Velvet Crepe Cakes

red, white & beautiful

Ignite imaginations—and appetites—with irresistible Independence Day desserts

In tiny townships, bustling big cities and everywhere in between, the Fourth of July is a big deal, with marching bands, spectacular fireworks and picnic food galore. Alton, Utah, for instance, hosts a huge celebration with a fun run, games, train rides, a parade—and a big meal.

"It's a very small community, and the whole town turns out," says resident Crystal Heaton. "We believe our freedom is the most important blessing we have, so the Fourth of July is our most celebrated holiday." To everyone's delight, she often shares her spectacular layered cake built of crepes (above), with blueberries on the side.

Put some pizzazz in your own festivities with Crystal's creation or one of these other showstopping desserts, and the dazzling fireworks won't be the only thing receiving oohs and aahs!

Flag It The fun flag display at right uses 48 berry tarts, so you'll need to make a batch and a half.

Red Velvet Crepe Cakes

I've discovered that the first crepe never works—it's the number one rule of crepe making—so keep trying. Also, I like to scrape a vanilla bean into the frosting mixture instead of using vanilla extract.

—CRYSTAL HEATON ALTON, UTAH

PREP: 1¼ HOURS • **COOK:** 25 MIN.
YIELD: 2 CREPE CAKES (8 SERVINGS EACH)

- **1 pkg. (18¼ oz.) red velvet cake mix**
- **2¾ cups whole milk**
- **1 cup all-purpose flour**
- **3 eggs**
- **3 egg yolks**
- **¼ cup butter, melted**
- **3 tsp. vanilla extract**

FROSTING:

- **5 pkg. (3 oz. each) cream cheese, softened**
- **1¼ cups butter, softened**
- **½ tsp. salt**
- **12 cups confectioners' sugar**
- **5 tsp. vanilla extract**
- **Fresh blueberries**

1. In a large bowl, combine the cake mix, milk, flour, eggs, egg yolks, butter and vanilla; beat on low speed for 30 seconds. Beat on medium for 2 minutes.
2. Heat a lightly greased 8-in. nonstick skillet over medium heat; pour ¼ cup batter into skillet. Lift and tilt pan to coat bottom evenly. Cook until top appears dry; turn and cook 15-20 seconds longer. Remove to a wire rack. Repeat with remaining batter, greasing skillet as needed. When cool, stack crepes with waxed paper in between.
3. For frosting, in a large bowl, beat the cream cheese, butter and salt until fluffy. Add confectioners' sugar and vanilla; beat until smooth.
4. To assemble two crepe cakes, place one crepe on each of two cake plates. Spread each with one rounded tablespoon of frosting to within ½ in. of edges. Repeat layers until all crepes are used. Spread remaining frosting over tops and sides of crepe cakes. Garnish with fresh blueberries.

Razzy Jazzy Berry Tarts

I serve these fresh-fruit tarts every July at my family's Independence Day celebration. Sometimes I substitute blackberries with blackberry jam, and I often add slivered almonds to the fillings.

—NICOLE CHATRON TULSA, OKLAHOMA

PREP: 1 HOUR • **BAKE:** 20 MIN.
YIELD: 3 DOZEN

- **1 cup butter, softened**
- **2 pkg. (3 oz. each) cream cheese, softened**
- **2 cups all-purpose flour**
- **½ tsp. salt**
- **1½ cups fresh blueberries**
- **⅔ cup blueberry preserves**
- **1½ cups fresh raspberries**
- **⅔ cup seedless raspberry jam**

1. In a large bowl, beat butter and cream cheese until smooth; beat in flour and salt. Combine the flour and salt; gradually add to creamed mixture. Drop by scant tablespoonfuls into 36 greased miniature muffin cups. With well-floured hands, press dough onto bottoms and up sides of cups; flute edges if desired.
2. Bake tarts at 325° for 20-25 minutes or until golden brown. Cool for 5 minutes before removing from pans to wire racks to cool completely.
3. On a lightly floured surface, roll remaining dough to ⅛-in. thickness. Cut stars with a floured 1½-in. cookie cutter. Using a knife, cut stripes out of dough. Place on ungreased baking sheet. Bake at 325° for 3-5 minutes or until lightly browned.
4. In a small bowl, combine the blueberries and blueberry preserves; spoon into half of the tarts. In another small bowl, combine raspberries and raspberry jam; spoon into remaining tarts. Top with stars and stripes.

Firecracker Cupcakes

Spread **whipped topping** over 24 **cupcakes**. Decorate as desired with **red licorice twists**, **tinted coconut**, **sprinkles** or **jimmies**. *Makes 2 dozen.*

—ERIN GLASS WHITE HALL, MARYLAND

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A Fit Finale To serve perfect slices, cut when cold using a straight-edge knife warmed in hot water and dried. Clean and rewarm after each cut.

Red, White and Blue Cheesecake

I made this creamy cheesecake for a Fourth of July get-together with friends. Everyone raved about it, especially my friend's 9-year-old grandson. It looks so pretty and tastes delicious.
—**CONNIE LAFOND** TROY, NEW YORK

PREP: 40 MIN. • **BAKE:** 1¼ HOURS + CHILLING
YIELD: 16 SERVINGS

- **1½ cups all-purpose flour**
- **⅓ cup sugar**
- **1 tsp. grated lemon peel**
- **¾ cup cold butter**
- **2 egg yolks**
- **½ tsp. vanilla extract**

FILLING:

- **5 pkg. (8 oz. each) cream cheese, softened**
- **1 cup sugar**
- **¼ cup half-and-half cream**
- **3 Tbsp. all-purpose flour**
- **½ tsp. grated lemon peel**
- **¼ tsp. salt**
- **¼ tsp. vanilla extract**
- **2 eggs, lightly beaten**
- **1 egg yolk**
- **1 cup crushed strawberries**
- **1 cup crushed blueberries**
- **Assorted berries, currants and fresh mint, optional**

MORE ONLINE:
For more holiday recipes and a list of the best fireworks displays, visit **tasteofhome.com/July4th**

1. In a large bowl, combine the flour, sugar and lemon peel. Cut in butter until crumbly. Whisk egg yolks and vanilla; add to flour mixture, tossing with a fork until dough forms a ball.
2. Press onto the bottom and 3 in. up the sides of a greased 9-in. springform pan. Place pan on a baking sheet. Bake at 400° for 5-8 minutes or until lightly browned. Cool on a wire rack.
3. For filling, in a large bowl, beat cream cheese and sugar until smooth. Beat in the cream, flour, lemon peel, salt and vanilla. Add eggs and yolk; beat on low speed just until combined.
4. Divide batter in half. Fold crushed strawberries and crushed blueberries into half of the batter. Pour into crust. Top with remaining batter. Return pan to baking sheet.
5. Bake at 400° for 10 minutes. Reduce heat to 300° and bake 60-70 minutes longer or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight. Remove sides of pan.
6. Garnish with assorted berries, currants and fresh mint if desired. ■

Rice Krispies
Dipper Treats™

Ingredients:

- 3 tbsp. butter or margarine
- 1 10-oz. package regular marshmallows
- 6 cups Kellogg's® Rice Krispies® cereal or Kellogg's® Cocoa Krispies® cereal
- 18 wooden ice cream sticks
- 1 1/2 cups semisweet or white chocolate morsels
- 1 tbsp. vegetable oil
- Multicolored sprinkles (optional)

Directions:

1. In large saucepan, melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add *Kellogg's® Rice Krispies®* cereal. Stir until well coated.

2. Using buttered spatula or wax paper, press mixture into 13x9x2-inch pan coated with cooking spray. Cool. Cut into eighteen 3x2-inch bars. Push one stick into the bottom of each bar.

3. In small microwave-safe bowl, combine chocolate and oil. Microwave on high for 1 to 1 1/2 minutes, stirring every 30 seconds. Dip bars into chocolate and decorate as you like. Place on wax paper. Refrigerate until chocolate is set. Serving size is 1 bar.

For more recipes and nutrition information, visit ricekrispies.com.

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7PM: "I HEARD SOME OFFICE GOSSIP."

10PM: "I AM THE OFFICE GOSSIP."

SIMPLE RECIPES ON

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LADIES NIGHT IN. SEE WHAT POURS OUT.

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summer, on a bun

The **best part** of the season might just **be the wurst**

Ultimate Summer Food: At first glance, a simple sausage may not seem a worthy contender of the title. But this uber meat has the potential to rock your sunny, summertime world. When cradled in a soft, doughy bun and tucked into layers of custom-created toppings, a grilled sausage becomes the very definition of backyard barbecue. Plus, it's completely transportable, acts as a meal-in-one and doesn't require a single utensil or even a plate. It is the champion of easy, delicious dining, especially when adorned with relishes as alluring as those you find here. While created with everyday ingredients, each topping offers a hint of the unexpected and a taste of the sensational, turning sausage into a food with four-star appeal. Now all that's left to do is rustle up some stellar sides and an ice-cold brew (see *page 33*), and you've got a menu that's, well, top dog.

Mango Cuke Relish

Colorful and crunchy, this unusual take on Thai green curry has a subtly spicy kick that everyone will enjoy.
—SUZANNA VICHEINRUT LONG BEACH, CALIFORNIA

PREP/TOTAL TIME: 20 MIN. • **YIELD:** 2 CUPS

- **1 medium mango, peeled and finely chopped**
- **½ cup chopped peeled cucumber**
- **¼ cup chopped cashews**
- **¼ cup finely chopped sweet red pepper**
- **1 green onion, thinly sliced**
- **1 Tbsp. minced fresh basil**
- **1 Tbsp. minced fresh cilantro**
- **1 Tbsp. seasoned rice vinegar**
- **1 garlic clove, minced**
- **1 tsp. green curry paste**
- **½ tsp. grated lime peel**
- **¼ tsp. crushed red pepper flakes**

1. In a small bowl, combine all ingredients. Serve immediately.

Should you prick the skin?
No, keeping the juices in during cooking will minimize grill flare-ups.

Spicy Olive Relish

Drain a 16-oz. jar **pickled hot cherry peppers** and a 7-oz. jar **pimiento-stuffed olives**. Place in food processor with a quartered **onion**; cover; process until finely chopped. Transfer to bowl; stir in 1 Tbsp. **yellow mustard**. *Yield: 2 cups.* —**JAMES MACGILLIVRAY** SAN MARCOS, CALIFORNIA

Happy Hot Dog Relish

This sweet-tart relish combining cranberry sauce and sauerkraut is sooo good! It's also a nice complement to hamburgers, baked ham and roast pork.

—**ELIZABETH CARLSON** CORVALLIS, OREGON

PREP/TOTAL TIME: 25 MIN. • **YIELD:** 1½ CUPS

- **1 medium onion, chopped**
- **1 Tbsp. olive oil**
- **1 cup whole-berry cranberry sauce**
- **1 Tbsp. Dijon mustard**
- **1 tsp. sugar**
- **½ tsp. garlic powder**
- **¼ tsp. hot pepper sauce**
- **½ cup sauerkraut, rinsed and drained**

1. In a small saucepan, saute onion in oil until tender. Add the cranberry sauce, mustard, sugar, garlic powder and pepper sauce. Cook and stir for 5-10 minutes or until cranberry sauce is melted. Add sauerkraut; heat through.

Raspberry Onion Relish

I don't remember where I got this quick recipe, but it's definitely a welcome change from barbecue sauce. Try it on chicken and turkey, too.

—**SYLVIA MUIR** TORONTO FE

PREP/TOTAL TIME: 1 MIN. • **YIELD:** 2½ CUPS

- **2 cups fresh raspberries**
- **4 green onions, thinly sliced**
- **½ cup chopped red onion**
- **2 Tbsp. white wine vinegar**
- **2 Tbsp. olive oil**
- **3 garlic cloves, minced**
- **1 Tbsp. minced fresh mint**
- **⅛ tsp. salt**
- **⅛ tsp. coarsely ground pepper**

1. In a small bowl, combine all ingredients. Serve immediately.

SUMMER LOVIN'

If sausages alone don't do it, your summer spirit will blossom after reading what these Field Editors love about the season

Our neighborhood finally comes out of hibernation. The kids are out again, riding bikes, blowing bubbles, using sidewalk chalk, catching lightning bugs, hopping from one yard to the next. I'm not sure who enjoys it more—my kids or me!

—**KRISTI BESTWICK** BUTLER, PENNSYLVANIA FE

Grilling! It means good food and fun and relaxation with friends and family. We grill mostly steaks and hamburgers to serve with great sides, such as macaroni, potato and fruit salad and jalapeno poppers.

—**TINA ELSEY** MINNEOLA, KANSAS FE

KEEP 'EM PIPING HOT

When the grilling's done, keep sausages warm, moist and flavorful until serving by placing them in a covered Dutch oven with simmering beer and grilled onions.

Winning Wieners There's a sausage here for everyone

1 BRATWURST Made with pork and sometimes veal and seasoned with subtle spices. Varieties also include turkey- or chicken-based versions mixed with cheeses, spinach, fruits and seasonings.

2 BUFFALO HOT DOGS Usually made from 100% buffalo meat and often free of many additives found in traditional hot dogs.

3 CHORIZO Mexican version is often a fresh sausage made with finely ground pork and spices, including chili powder. Spanish chorizo is a cured, dried sausage.

4 HUNGARIAN SAUSAGE Made with ground pork, beef or lamb and such spices as paprika, caraway, nutmeg and cayenne pepper.

5 ITALIAN SAUSAGE Ranges from sweet to mild (flavored with garlic and fennel seed) to hot (same as mild, but with crushed chili peppers). Cook these the same way you would a bratwurst.

6 KIELBASA Smoked Polish sausage made with pork or beef and flavored with garlic, cloves and pimiento.

7 PORK SAUSAGE RING These special-looking sausages make a statement and can be sliced apart to enjoy.

8 TOFU AND VEGGIE DOGS Sausages that fit the bill for vegans and vegetarians.

Cooking Tips

FULLY COOKED Smoked sausages, such as kielbasa, hot dogs and knockwurst. Grill over direct medium heat, turning occasionally, until browned and heated through, about 7-10 minutes.

FRESH (UNCOOKED) Italian sausage, many bratwursts. Grill over medium-low heat for 20-30 minutes until a meat thermometer reads 165°. You can also simmer them first in water or beer, seasoned with sauerkraut or sliced vegetables, remove from liquid and grill over medium heat until they reach 165°.

SASSY SUDS

We took on the task of finding some great **summer beers**. Here are a few easy-to-find crowd pleasers

Abita Beer Amber
Made with pure artesian waters from the Abita Springs in Louisiana, this Munich-style lager is brewed with crystal malt and Perle hops, giving it a smooth, malty, slightly caramelized flavor and a rich amber color. It's also their top seller.

New Belgium Brewing Fat Tire
What better way to meet this country's first Belgian-style brewers than with one of their most popular offerings? Fans love its balance of toasty, yeasty malt flavors and hoppy freshness.

Leinenkugel's Summer Shandy
Known as "Leinie's" to those who love it, this brewery's Weiss ("white") beer comes in a sunny lemonade flavor that fits the bill on hot summer days. Get it while you can: Summer Shandy is only available April through August. ■

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Joy, Indeed! Sheila's entree is sure to please.

living a "real" fairy tale

This prizewinning mom uses her passion for food to **spread the love**

When big things land on your doorstep, sometimes the universe steps in to make sure you get them right. Which is just what happened for Sheila Cutchlow, a single mother and cooking enthusiast, when she entered the Real Women of Philadelphia Casting Competition.

"I planned on making a fancy recipe, but when it came time for the test run, I didn't have all the ingredients," says Sheila, who lives in Washington, D.C. "I did have everything I needed to make this great chicken and rice dish my best friend shared with me years ago. I went with it—and won a top prize."

Based on her success, it's no surprise that this Iowa native was born into a family of food lovers. "Cooking good food is one of our core values—it's one way we show love. I always felt my grandma's love when she made my favorite biscuits, and the smell of cinnamon toast still reminds me of my mom's breakfasts. Food is a communicator, an equalizer and a persuader. Just ask my daughter, Mallory: I know she's up to something when she offers breakfast in bed!"

Since becoming one of the Real Women of Philadelphia, Sheila is determined to inspire others. "This wonderful experience is a dreams-come-true story. I want to reach out to others and say, 'Keep doing the right things and rewards will come.'"

For Sheila, one of those right things is using everyday moments, such as dinnertime, to show her daughter she cares. "I can make a meat loaf, and someone will be fed. Or I can make that same meat loaf and put extra sauce on top because that's how my daughter likes it, then shape it into a heart, and I've fed her tummy and soul. I've shown her, by the simple food on her plate, that I'm paying attention and I love her."

Learn more about Sheila, the contest and other winners at **realwomenofphiladelphia.com**.

Joy Bundles & Rice

This is moist and delicious, with gorgeous presentation possibilities! Plus, it's a hit with kids and adults alike, and can easily go from family favorite to dinner party star. You're guaranteed rave reviews.
—**SHEILA CUTCHLOW** WASHINGTON, D.C.

PREP: 30 MIN. • **BAKE:** 25 MIN. • **YIELD:** 4 SERVINGS

- **4 boneless skinless chicken breast halves (6 oz. each)**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **1 pkg. (8 oz.) Philadelphia Cream Cheese, softened**
- **4 green onions, chopped**
- **1 tsp. minced fresh tarragon or ¼ tsp. dried tarragon**
- **8 turkey bacon strips**
- **¼ cup butter, melted, divided**
- **2 cups uncooked long grain rice**
- **2¼ cups chicken broth**
- **3 garlic cloves, minced**
- **¼ cup lemon juice**
- **3 Tbsp. snipped fresh dill or 1 Tbsp. dill weed**
- **2 tsp. grated lemon peel**
- **1 Tbsp. minced fresh parsley**

1. Cut each chicken breast horizontally in half; sprinkle with salt and pepper.
2. In a small bowl, combine the cream cheese, onions and tarragon; spread over chicken. Roll up from a short side; wrap each with a bacon strip. Place seam side down in a greased 13-in. x 9-in. baking pan. Drizzle with 1 Tbsp. butter.
3. Cover and bake at 375° for 20-25 minutes or until a meat thermometer reads 170°. Broil 4-6 in. from the heat for 2-3 minutes or until lightly browned.
4. Meanwhile, in a large saucepan, bring rice, broth and garlic to a boil. Reduce heat; cover and simmer for 15-18 minutes or until liquid is absorbed and rice is tender. Stir in the lemon juice, dill, lemon peel and remaining butter.
5. Serve chicken over rice; drizzle with pan juices. Garnish with parsley. ■

Dinner in a Pinch

Sheila knows all too well how hectic nights can get. "I've used every trick in the book to keep dinnertime a constant in our lives." Here are a few of those tricks:

- "Use spice blends and seasoned salts for flavor combinations. They add big taste from one jar, so you don't have to measure and shake in a bunch of different things."
- "Jarred sauces, canned fruit, and frozen veggies and dough save time. Use them!"
- "Prepared meats and fish are good choices: roasted chicken, canned tuna or salmon, even packaged cooked ham. They're a quick solution to getting protein into a meal."

THE CANDLES
ARE MELTING
ALL OVER
YOUR
BIRTHDAY
DESSERT

(And you're in here. Again.)

Maybe today is the day to talk to your doctor about overactive bladder.

It's no surprise—once again you've had to run off to the ladies' room. If you're tired of being in here instead of out there, ask your doctor if prescription Toviaz® (fesoterodine fumarate) could be right for your overactive bladder symptoms. Toviaz is a once-daily pill that significantly reduces sudden urges and accidents over 24 hours.*

Plus, Toviaz comes with a plan, with tips on food and drink choices and exercises to help you train your bladder. Find out what you can do about your overactive bladder symptoms—besides just wishing they'll go away.

Toviaz treats the symptoms of overactive bladder (leaks, strong, sudden urges to go, going too often).

Results may vary

The plan can help you manage overactive bladder symptoms:

.....

Symptoms of overactive bladder are not necessarily a normal part of aging. They're caused by sudden spasms of the bladder muscle.

Find more interesting facts at Toviaz.com/tips

Important Safety Information

If you have certain stomach problems, glaucoma, or cannot empty your bladder, you should not take Toviaz.

Toviaz may cause allergic reactions that may be serious. If you experience swelling of the face, lips, throat, or tongue, stop taking Toviaz and get emergency help. Medicines like Toviaz can cause blurred vision, drowsiness, and decreased sweating. Use caution when driving, doing unsafe tasks, or in especially hot environments, until you know how Toviaz affects you. Drinking alcohol while taking medicines such as Toviaz may cause increased drowsiness.

The most common side effects are dry mouth and constipation.

Toviaz has benefits and risks. There may be other options.

You're encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS

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(TOH-vee-as)

ABOUT OVERACTIVE BLADDER

Overactive bladder happens when the bladder muscle squeezes too often or when you don't want it to. You may have wetting accidents (urge urinary incontinence). You may have a strong need to urinate right away (urgency). You may also have to go too often (frequency).

WHO IS TOVIAZ FOR?

Who can take TOVIAZ?

Adults 18 years and older with symptoms of overactive bladder. TOVIAZ has not been studied in children.

Who should not take TOVIAZ?

Do not take TOVIAZ if you:

- Are not able to empty your bladder (urinary retention).
- Your stomach empties slowly (gastric retention).
- Have an eye problem called "uncontrolled narrow-angle glaucoma."
- Are allergic to TOVIAZ or any of its ingredients or to Detrol or Detrol LA.

BEFORE YOU START TOVIAZ

Tell your doctor about all your medical conditions, including:

- Stomach or intestinal problems or problems with constipation.
- Problems emptying your bladder or if you have a weak urine stream.
- Treatment for an eye problem called narrow-angle glaucoma.
- Kidney or liver problems.
- A condition called myasthenia gravis.
- If you are pregnant or trying to become pregnant. It is not known if TOVIAZ can harm your unborn baby.
- If you are breastfeeding. It is not known if TOVIAZ passes into your breast milk or if it can harm your baby.

Before starting on TOVIAZ, tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins and herbal products. TOVIAZ may affect the way other medicines work, and other medicines may affect how TOVIAZ works. Especially tell your doctor if you are taking antibiotics or antifungal medicines.

POSSIBLE SIDE EFFECTS OF TOVIAZ

TOVIAZ may cause allergic reactions that may be serious. Symptoms of a serious allergic reaction may include swelling of the face, lips, throat or tongue. If you experience these symptoms, you should stop taking TOVIAZ and get emergency medical help right away.

The most common side effects are:

- Dry mouth
- Constipation

TOVIAZ may cause other less common side effects, including:

- Dry eyes
- Trouble emptying the bladder

These are not all of the possible side effects of TOVIAZ. For a complete list, ask your doctor or pharmacist.

HOW TO TAKE TOVIAZ

- Take TOVIAZ exactly as your doctor tells you.
- Your doctor may give you the lower 4 mg dose of TOVIAZ if you have certain medical conditions, such as severe kidney problems.
- Take TOVIAZ with liquid and swallow the tablet whole. Do not chew, divide or crush the tablet.
- You can take TOVIAZ with or without food.
- If you miss a dose of TOVIAZ, begin taking TOVIAZ again the next day. Do not take two doses of TOVIAZ in the same day.

Things you should keep in mind when taking TOVIAZ:

- Use caution in driving, operating machinery, or doing other dangerous activities until you know how TOVIAZ affects you. Blurred vision and drowsiness are possible side effects of medicines such as TOVIAZ.
- Use caution in hot environments. Decreased sweating and severe heat illness can occur when medicines such as TOVIAZ are used in a hot environment.
- Drinking alcohol while taking medicines such as TOVIAZ may cause increased drowsiness.

WHAT IS TOVIAZ?

TOVIAZ is a prescription medicine used in **adults** to treat symptoms of a condition called **overactive bladder**, including:

- Urge urinary incontinence—leaking or wetting accidents due to a strong need to urinate.
- Urinary urgency—having a strong need to urinate right away.
- Urinary frequency—having to urinate too often.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your doctor or pharmacist for complete product information.
- Go to www.Toviaz.com.
- Call **1-877-9-TOVIAZ.**

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cooksmart

EASY SOLUTIONS from readers & our test kitchen

MAIZE CRAZE

Let the **love affair** with corn begin. These tips will enhance the relationship

Eat Up Try to enjoy corn on the cob the day it's purchased as the sugars begin converting to starch as soon as it's picked. If you need to store it, keep corn in its husk in a plastic bag in the refrigerator. **—*TOH* TEST KITCHEN**

Zap It Fast! I cook my corn in the microwave. I pull down the husks of each cob about halfway, remove as much of the silk as I can and rinse the cobs in cool water. Then I pull the husks back up and nuke each cob for 3 to 4 minutes. Comes out perfectly every time. **—DEBBIE HAFNER** PRINCE GEORGE, VIRGINIA

Smooth as Butter To easily butter cobs of corn, we put a pat of butter on a slice of bread, then run the cob up and down the bread. This perfectly butters your corn and also gets the butter on the bread soft enough to spread. **—SHIRLEY NEVE** KENOSHA, WISCONSIN

Clean Cut Cutting the kernels off the cob might seem difficult, but it's not. Simply cut each cob in half, placing each half on a cutting board, flat side down. Hold at the top, and cut the kernels off each side with a sharp knife. **—*TOH* TEST KITCHEN**

Corn, 365 Here's a great way to freeze corn. Add 1/2 cup sugar and 2 Tbsp. salt to a quart of water; bring to a boil. Add 4 quarts of corn kernels; bring to a boil again. Remove from heat, drain well; cool. Measure into bags; freeze. **—DENISE SWANK** MECHANICSBURG, PENNSYLVANIA

If I'm an ear... why can't I hear? Wah!

Silk-to-Kernel Ratio The more silk you see hanging out of an ear of corn, the more kernels you'll find beneath the husk.

Corn*noisseur

Follow this **test kitchen-approved guide**, and you'll never eat another mushy or bland ear of corn

Two things generate endless and outlandish theories about corn: **1)** How to correctly prepare it. **2)** How those crop circles got there in the middle of it all. So we asked our test kitchen staff to get to the bottom of it. While they weren't able to come to a conclusion about crop circles, they did come up with the inside scoop on preparing corn to perfection.

COOK IT YOUR WAY

GRILL OUT OF HUSKS Remove husks from corn. Grill corn, covered, over medium heat for 15-20 minutes or until tender, turning and basting occasionally with butter. **Advantage:** Smoky, charred kernels.

GRILL IN HUSKS It's a bit more complicated, so here's a step-by-step guide to ensure success. **Advantage:** Juicy, steamed kernels with a hint of grilled flavor.

❶ **Shuck** Peel back husks, but do not remove them.

❷ **De-silk** Pull the silk off with your fingers. To get stubborn pieces, run a clean damp rag up and down the cob.

❸ **Butter** Spread butter over the cob, then pull the husk back up over it and tie with kitchen string. Grill the corn, uncovered, over medium heat for 25-30 minutes, turning occasionally.

ROAST Place corn in a greased 13-in. x 9-in. baking dish. Brush each ear with 2 tablespoons melted butter. Cover and bake at 400° for 30 minutes. Uncover; brush corn with desired amount of butter. Bake, uncovered, for 5-10 minutes or until tender. **Advantage:** Sweet, caramelized kernels.

BOIL Bring a large kettle of water to a boil; add corn. Reduce heat; cover and simmer for 3-5 minutes or until corn is tender. Remove from water; serve with butter. **Advantage:** Super quick and easy.

THE KING'S CROWN

If corn is king, these **flavored butters** give it the royal treatment

❶ **Maple Butter** Combine ½ cup softened **butter** with 2 Tbsp. **maple syrup**, 1 tsp. fresh minced **parsley** and a dash of **pepper**. *Makes ½ cup.* —**KEVIN VARBLE** HARRISVILLE, UTAH

❷ **Wasabi Butter** Combine ½ cup **butter** with 1 Tbsp. chopped **green onion**, 1½ tsp. prepared **wasabi** and ¼ tsp. **soy sauce**. *Makes ½ cup.* —**NILA GRAHL** GURNEE, ILLINOIS

❸ **Curry Butter** Combine ½ cup softened **butter** with 1½ tsp. **curry powder**, ½ tsp. ground **cumin** and ¼ tsp. **red pepper flakes**. *Makes ½ cup.* —**ELKE ROSE** WAUKESHA, WISCONSIN

Keep It Fresh You can wrap these flavored butters in plastic wrap, parchment or waxed paper and refrigerate for up to 2 weeks. For longer storage, freeze them in a resealable plastic bag for up to 6 months.

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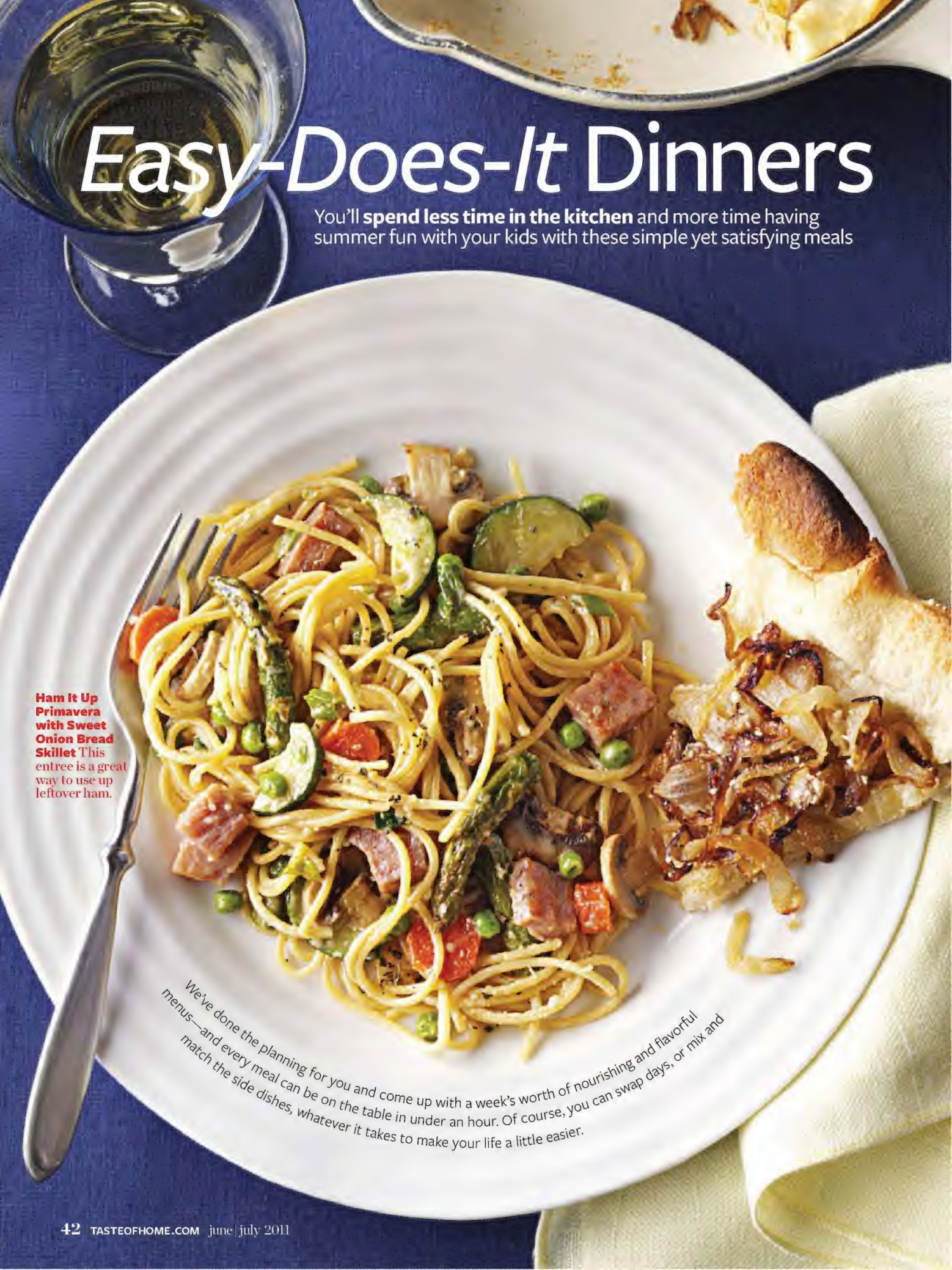
Easy-Does-It Dinners

You'll **spend less time in the kitchen** and more time having summer fun with your kids with these simple yet satisfying meals



Ham It Up Primavera with Sweet Onion Bread Skillet This entree is a great way to use up leftover ham.

We've done the planning for you and come up with a week's worth of nourishing and flavorful menus—and every meal can be on the table in under an hour. Of course, you can swap days, or mix and match the side dishes, whatever it takes to make your life a little easier.

MONDAY SKILLET MEAL

Ham It Up Primavera

I adapted this recipe from a cookbook my husband and I received when we got married. We love all the veggies, especially the fresh asparagus.

—**ANGELIA HOLLAND** PLANO, TEXAS

PREP/TOTAL TIME: 30 MIN.
YIELD: 12 SERVINGS

- **1 pkg. (16 oz.) spaghetti**
- **1 lb. fresh asparagus, trimmed and cut into 1-in. pieces**
- **2 medium carrots, cut into ¼-in. slices**
- **½ cup butter, cubed**
- **½ lb. sliced fresh mushrooms**
- **2 medium zucchini, halved and cut into ¼-in. slices**
- **2 cups cubed fully cooked ham**
- **1 pkg. (10 oz.) frozen peas, thawed**
- **8 green onions, chopped**
- **3 tsp. dried basil**
- **1½ tsp. salt**
- **¼ tsp. white pepper**
- **¼ tsp. ground nutmeg**
- **1½ cups heavy whipping cream**
- **1 cup grated Parmesan cheese, divided**

1. Cook spaghetti according to package directions. Meanwhile, in a large skillet, saute asparagus and carrots in butter for 3 minutes. Add mushrooms and zucchini; saute until crisp-tender.
2. Stir in ham, peas, onions, basil, salt, pepper and nutmeg. Add cream. Bring to a boil; cook and stir for 2 minutes.
3. Drain spaghetti; place in a large bowl. Add vegetable mixture and ½ cup cheese; toss to combine. Serve with remaining cheese.

ON THE SIDE:
Sweet Onion Bread Skillet

Cook 1 sliced large **sweet onion** in 2 Tbsp. **butter** and 1 Tbsp. **oil** until golden brown. Arrange 1 can (13.8 oz.) **refrigerated pizza crust** in a 10-in. ovenproof skillet. Top with onions and ¼ cup grated **Parmesan cheese**. Bake at 450° for 10 min. or until golden brown. *Serves 4.*

—**LISA SPEER** PALM BEACH, FLORIDA

If you don't have sweet onion on hand, use yellow instead and add a pinch of sugar while cooking.

EASY TUESDAY STIR-FRY

Classic Cashew Beef

My family loves stir-fries, and I love them even more because they are healthy and easy to prepare. I've been making this recipe for years.

—**SHERRI MELOTIK** OAK CREEK, WISCONSIN

PREP/TOTAL TIME: 30 MIN.
YIELD: 4 SERVINGS

- **4 tsp. cornstarch**
- **4 tsp. soy sauce**
- **1 tsp. sesame oil**
- **1 tsp. oyster sauce**
- **¼ tsp. ground ginger**
- **Dash cayenne pepper**
- **½ cup cold water**
- **1 lb. beef top sirloin steak, cut into ½-in pieces**
- **2 Tbsp. canola oil, divided**
- **8 green onions, cut into 1-in. lengths**
- **⅔ cup lightly salted cashews**
- **2 garlic cloves, minced**
- **Hot cooked rice**

1. In a small bowl, combine the first seven ingredients and whisk until smooth; set aside.
2. In a large skillet or wok, stir-fry beef in 1 Tbsp. oil until no longer pink. Remove and keep warm. Stir-fry onions, cashews and garlic in remaining oil for 1 minute.
3. Stir cornstarch mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Add beef; heat through. Serve with rice.

ON THE SIDE:
Sesame Green Beans

Coat 1 lb. fresh **green beans** and 1 sliced **sweet red pepper** with 1 Tbsp. each **sesame seeds**, **rice vinegar**, **sesame oil** and **soy sauce**. **Salt** and **pepper** to taste. Place on a greased baking sheet; bake at 425° for 20 min. or until tender. *Serves 6.* —**NOELLE MYERS** GRAND FORKS, NORTH DAKOTA

WEDNESDAY TIME-SAVER

Grilled Salmon Packets

Cleanup's a snap with this convenient dish prepared and cooked in a foil wrapper. That's a welcome time-saver during a hectic week.

—**TIM WEBER** BETTENDORF, IOWA

PREP/TOTAL TIME: 25 MIN.
YIELD: 4 SERVINGS

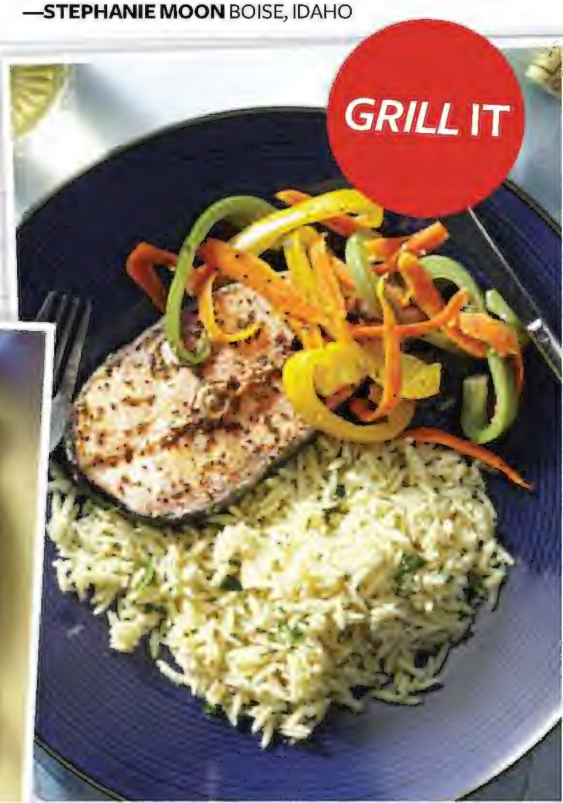
- **4 salmon steaks (6 oz. each)**
- **1 tsp. lemon-pepper seasoning**
- **1 cup shredded carrots**
- **½ cup julienned sweet yellow pepper**
- **½ cup julienned green pepper**
- **4 tsp. lemon juice**
- **1 tsp. dried parsley flakes**
- **½ tsp. salt**
- **¼ tsp. pepper**

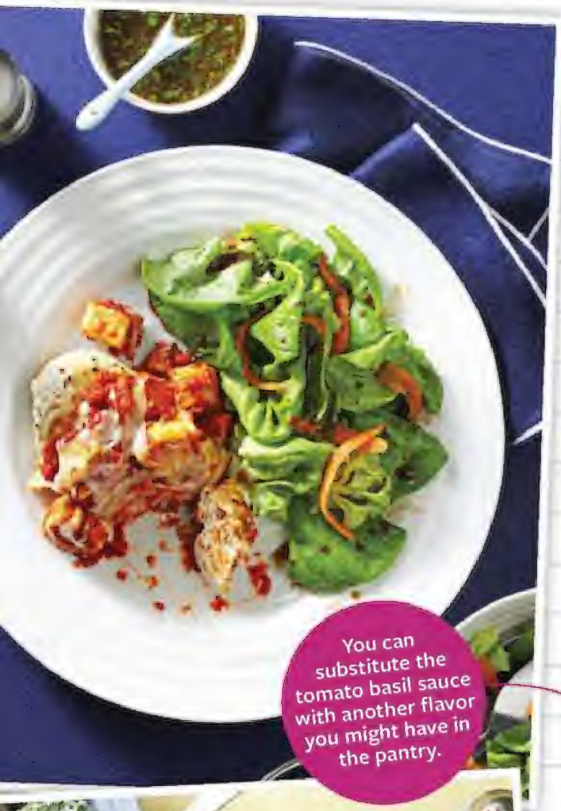
1. Sprinkle salmon with lemon-pepper seasoning. Place each salmon steak on a double thickness of heavy-duty foil (about 12 in. square). Top with carrots and peppers. Sprinkle with remaining ingredients.
2. Fold foil around fish and seal tightly. Grill, covered, over medium heat for 15-20 minutes or until fish flakes easily with a fork.

ON THE SIDE:
Garlic Parmesan Orzo

Saute 1 Tbsp. minced **garlic** in ½ cup **butter**. Add 4 cups cooked **orzo**, ½ cup grated **Parmesan cheese**, ¼ cup **milk**, 2 Tbsp. fresh minced **parsley**, **salt** and **pepper**. Cook and stir until heated through. *Serves 8.*

—**STEPHANIE MOON** BOISE, IDAHO





You can substitute the tomato basil sauce with another flavor you might have in the pantry.

Bravo Italian Chicken (at top) and Greens with Balsamic Vinaigrette. **Raspberry Turkey Tenderloins** (above) with Broccoli Raisin Salad.

THURSDAY NIGHT ITALIAN

Bravo Italian Chicken

A handful of Italian-style pantry staples team up with chicken for this hearty entree that the entire family will love. Just add breadsticks!

—**KRISTIN MILLER** SOUTH BEND, INDIANA

PREP: 20 MIN. + STANDING • **BAKE:** 35 MIN.
YIELD: 4 SERVINGS

- **1 medium eggplant, peeled and cut into 1-in. cubes**
- **1 tsp. salt**
- **4 boneless skinless chicken breast halves (5 oz. each)**
- **¼ tsp. Italian seasoning**
- **¼ tsp. pepper**
- **1½ cups (6 oz.) shredded part-skim mozzarella cheese**
- **1 jar (24 oz.) tomato basil pasta sauce**

1. Place eggplant in a colander over a plate; sprinkle with salt and toss. Let stand for 30 minutes.
2. Meanwhile, sprinkle chicken with Italian seasoning and pepper. In a large nonstick skillet coated with cooking spray, brown chicken on both sides. Transfer chicken to a greased 13-in. x 9-in. baking dish; sprinkle with ¾ cup mozzarella cheese.
3. Rinse eggplant; pat dry with paper towels. Transfer to a large bowl. Add pasta sauce; toss to coat. Spoon over chicken; top with remaining cheese.
4. Cover and bake at 350° for 35-40 minutes or until a meat thermometer inserted into the chicken reads 170°.

Tip: *Salting and draining the eggplant prevents it from watering down the tomato sauce.*

ON THE SIDE: Greens with Balsamic Vinaigrette

Combine ¼ cup each **water** and **balsamic vinegar**. Whisk in 2 Tbsp. **olive oil**, 1 Tbsp. minced fresh **basil** and 1 Tbsp. **Dijon mustard**. Season with **pepper**. Serve over **salad greens**. *Makes ¾ cup.*

—**SANDY HUNT** RACINE, WISCONSIN

FRIDAY ON THE GRILL

Raspberry Turkey Tenderloins

Fast to prepare, even quicker to grill, this dish is always a winner at my house. Everyone loves the raspberry-Dijon sauce. You can substitute chicken breasts for the turkey if you wish. —**JOANN HANDLEY** MOUNT DORA, FLORIDA

PREP: 20 MIN. • **GRILL:** 15 MIN.
YIELD: 6 SERVINGS

- **½ cup seedless raspberry jam**
- **⅓ cup cider vinegar**
- **¼ cup Dijon mustard**
- **1 tsp. grated orange peel**
- **½ tsp. minced fresh thyme or ⅛ tsp. dried thyme**
- **4 turkey breast tenderloins (6 oz. each)**
- **⅛ tsp. salt**

1. In a small saucepan, combine the jam, vinegar, mustard, orange peel and thyme. Cook and stir for 2-3 minutes or until heated through. Set aside ¼ cup for serving.
2. Sprinkle turkey with salt. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill turkey, covered, over medium heat or broil 4 in. from the heat for 13-18 minutes or until a meat thermometer reads 170°, turning occasionally. Baste with remaining sauce during last 5 minutes of cooking.
3. Let stand for 5 minutes before slicing. Serve with reserved sauce.

ON THE SIDE: Broccoli Raisin Salad

Toss 4 cups fresh **broccoli florets**, ¾ cup **golden raisins** and 1 small chopped **red onion** with ½ cup **Miracle Whip**, 1 Tbsp. **vinegar** and 2 tsp. **sugar**. Top with 3 cooked and crumbled **bacon strips**. *Serves 6.* ■

—**ANGELA OELSCHLAEGER** TONGANOXIE, KANSAS FE

To speed up salad prep, buy a bag of ready-to-use broccoli florets.

WEEKNIGHT TIME-SAVERS

These handy hints will save even more precious minutes in the kitchen

CHOP, CHOP Cut up veggies the night before and store in the fridge. **AT THE READY** Set out utensils, bowls and ingredients (except those that need refrigerating), so they're ready when you get home. **GET HELP** Enlist the kids, even if it's just to set the table.

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It's called *Taste of Home's Slice of California*, a 5-day "food-inspired" journey with a *Taste of Home* staff member that explores the succulent, local flavors of the northern Santa Clara Valley and the gorgeous Monterey coast.

Taste Farm-Fresh Flavors

Your farm-to-table adventure will begin with a visit to Judy and Louie Bonino's vegetable farm and market, a great place to sample some of the world's best produce. Only locally grown fruit and vegetables are sold here, including plums, peaches, strawberries, sweet corn, tomatoes and nine varieties of peppers.

Meet Celebrity Chefs

You'll also enjoy private cooking demonstrations and delicious meals featuring authentic *Taste of Home* recipes prepared by regional celebrity chefs Sam Bozzo, Gene Sakahara and Dorothy McNett. On the menu: Garlic Festival Shrimp Scampi and several *Taste of Home* favorites.

When you arrive at Mari and Jim Rossi's 100-acre B&R apricot farm, you'll see firsthand how world-renowned Blenheim Apricots are harvested and dried. Go ahead, enjoy sampling the Apricot Cinnamon Spread, Chocolate Covered Apricots and Apricot Chili Preserves.

From apricots to artichokes, your tantalizing trip continues to the "Artichoke Center of the World" where you'll find Ocean Mist Farms, the country's largest artichoke growers.

Meet Vince and Cynthia Gizdich as you stroll through their fourth-generation apple orchards and berry patches. Be sure to taste their renowned Ollalieberry pie.

See California's Coastline

California's breathtaking scenery awaits you along the Monterey Peninsula's 17-Mile Drive where the twists and turns offer magnificent ocean views.

Local food writer and TV personality Dorothy McNett will prepare several hors d'oeuvres from *Taste of Home* for you to enjoy at Stone Creek Kitchen, one of the area's finest home kitchen outfitters.

At Cannary Row, you can stroll along the coastal Recreation Trail or browse the quaint, oceanfront shops.

In the town of Gilroy, you'll visit Garlic World, a unique combination of fruit stand, gourmet food store and gift shop where you can tempt your taste buds with garlic-flavored olives, bread dips—even garlic jelly!

What better way to wind down your palate-pleasing journey than at one of California's premier wineries. At Fortino Winery, fifth-generation winemaster Gino Fortino will be your host as you sip some varieties and listen to how his family carries on the tradition of winemaking in the Italian style.

A picturesque journey takes you back to San Jose, leaving you with enough delicious memories to last a lifetime.

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Get to Know Herbs

They might thrive outdoors, but it's in the kitchen that herbs really strut their stuff. So **what's the secret** to these **delightful flavor boosters?** BY BARBARA SCHUETZ | PHOTOGRAPHY BY ROB HAGEN

A master gardener I'm not, but every summer I harvest a healthy batch of favorite veggies, and my backyard blooms do just beautifully, thank you. It's those "easy-to-grow" herbs that leave me scratching my head. I've wrestled with seed packets and starter plants, herb beds and container gardens. And every time, I come up empty-handed—not even a sprig of fresh basil for my marinara sauce.

Too much water? Not enough sun? After combing through herb blogs and poring over gardening guides, I'm ready to take a new approach this year.

First Things First: Before I drive to the garden center, I make a list of herbs I'll really use, because that's why I'm growing them, after all: to have those savory, healthful seasonings at my fingertips. I choose a mix of common herbs, including basil and dill, plus one I'd like to experiment with. This year, it's lemon balm.

The Dirt on Planting: Growing herbs in containers requires loose, well-drained soil that holds both moisture and nutrients. So experts recommend a soilless growing medium such as peat or a commercial potting mix designed for outdoor containers. I find one, and it's on sale!

Herbs aren't picky about their surroundings. They'll do well in almost any kind of container, from a coffee can to a bright plastic tub, as long as there's a drainage hole and room for the roots to spread. I'll use a few individual containers and one larger one to hold three or four herbs. Before I begin planting,

I clean the pots well with a mixture of water and a little household bleach to remove any contaminants.

Lots of TLC: Planting is just the beginning; taking care of the little sprouts is ongoing. In general, herbs need at least four to six hours of sunlight a day. Too little sun produces lanky, flavorless plants. Luckily, there's a sunny spot for my herbs near my back door, so it will be easy to nab a pinch of this and a pinch of that when I'm cooking. Note: Pinching is good! It keeps plants bushy and compact and encourages new shoots.

Watering is the other essential. Some of the herbs I've chosen, such as basil, like to dry out between watering. Others, like mint, need constant moisture. I've heard that a good rule of thumb is to water when the top inch of soil feels dry. On very hot, sunny days, I might need to water twice.

OK, I think I've got it. I've followed all the directions to a 'T' and given my herbs the best start I could. Now, I just have to wait and see if these rascals grow. If they do, I'll put them to use in the following recipes.

DILL

Cool as a Cucumber Soup

This chilled soup makes a wonderful appetizer or side on a hot summer day. Bright bursts of dill provide a pleasant contrast to the milder flavor of cucumber.

—DEIRDRE DEE COX MILWAUKEE, WISCONSIN

PREP: 15 MIN. + STANDING • **YIELD:** 7 SERVINGS

- **1 lb. cucumbers, peeled, seeded and sliced**
- **½ tsp. salt**
- **1½ cups fat-free plain yogurt**
- **1 green onion, coarsely chopped**
- **1 garlic clove, minced**
- **4½ tsp. snipped fresh dill**
- **Additional chopped green onion and snipped fresh dill**

1. Place cucumbers in a colander over a plate; sprinkle with salt and toss. Let stand for 30 minutes. Discard liquid if there is any.
2. Rinse and drain well; pat dry. Place the cucumbers, yogurt, onion and garlic in a food processor; cover and process until smooth. Stir in dill.
3. Serve immediately in chilled bowls. Garnish with additional onion and dill.

USES FOR DILL

1) Dill's feathery leaves enhance seafood sauces, salad dressings, eggs, chicken and soups. **2)** For a quick side, add some finely chopped leaves to plain yogurt and toss with cucumber slices.

Blackberry-Basil Panna Cotta

I love the simple taste and creaminess of panna cotta and decided to try this dessert with some fresh berries and basil from the farmers market. My family really enjoyed it.

—**KAREN SHELTON** COLLIERVILLE, TENNESSEE

PREP: 35 MIN. + CHILLING • **YIELD:** 6 SERVINGS

- **2 cups heavy whipping cream**
- **2 cups half-and-half cream**
- **¾ cup sugar**
- **2 envelopes unflavored gelatin**
- **2 tsp. grated lemon peel**
- **1½ tsp. vanilla extract**

SAUCE:

- **2 cups fresh blackberries or frozen blackberries**
- **1 cup sugar**
- **1 cup blackberry wine or ruby port wine**
- **¼ cup minced fresh basil**
- **2 Tbsp. cold butter**
- **Additional blackberries and fresh basil, optional**

1. In a small saucepan, combine the heavy cream, half-and-half cream and sugar. Sprinkle with gelatin; let stand for 1 minute. Heat over low heat, stirring until sugar and gelatin are completely dissolved. Remove from the heat; stir in lemon peel and vanilla.

2. Pour into six 6-oz. ramekins or custard cups coated with cooking spray. Cover and refrigerate for at least 4 hours or until set.

3. For sauce, in a small saucepan, combine the blackberries, sugar and wine. Bring to a boil; cook until mixture is thickened and reduced to about 1¼ cups. Remove from the heat; stir in basil and butter. Cool to room temperature.

4. Unmold panna cotta onto dessert plates; serve with sauce. Garnish with additional blackberries and basil if desired.

USES FOR BASIL

1) It's a jack-of-all-trades in the kitchen. Usually found in Italian, Mediterranean and Thai cooking, basil's mild pepper-clove flavor lends itself to many cooking styles. **2)** Try it with tomatoes, eggplant, squash, spinach, zucchini and other mild vegetables. Basil also enhances poultry stuffing and pasta sauces.

Fresh as Summer Salad

I wanted a nice light and healthy salad to go with the spicy Mediterranean and Middle Eastern dishes I prepare, and this one fits the bill. Plus, it's easy to grow some of the ingredients yourself.
—VICTOR FINGER SUNBURY, OHIO

PREP/TOTAL TIME: 25 MIN. • **YIELD:** 8 SERVINGS

- **2 romaine hearts, torn**
- **2 Tbsp. olive oil**
- **¾ cup chopped fresh cilantro, mint, sorrel and/or lemon balm**
- **3 green onions, thinly sliced**
- **½ cup plain Greek yogurt**
- **1 tsp. lemon juice**
- **¾ tsp. salt**
- **½ tsp. ground nutmeg**
- **¼ tsp. pepper**
- **1 cup canned garbanzo beans or chickpeas**
- **3 Tbsp. pistachios**
- **3 lemon wedges**

1. Place romaine in a large bowl; drizzle with oil and toss to coat. Add herbs and onions; toss to combine. Whisk the yogurt, lemon juice, salt, nutmeg and pepper; add to romaine mixture and toss to coat.
2. Transfer to a serving platter. Top with garbanzo beans and pistachios. Squeeze lemon wedges over the top. Serve immediately.
Editor's Note: *If Greek yogurt is not available in your area, line a strainer with a coffee filter and place over a bowl. Place 1 cup yogurt in prepared strainer; refrigerate overnight. Discard liquid from bowl; proceed as directed.*

USES FOR LEMON BALM

1) With its sweet-tart lemony flavor, this herb is ideal for flavoring healthful items such as fruit cups, salads and fish dishes. **2)** For a calming cup of tea, steep two to three sprigs in boiling water for five to 10 minutes and strain. **3)** The dried leaves can be used in potpourris, and work as a substitute for lemongrass or lemon zest.

CILANTRO

Cuban Chimichurri

This fresh sauce complements steak wonderfully, but try it on a burger. Your taste buds will thank you!
—**ELAINE SWEET** DALLAS, TEXAS

PREP/TOTAL TIME: 20 MIN. • **YIELD:** 1 CUP

- **7 garlic cloves, peeled**
- **1¼ cups packed fresh cilantro leaves**
- **¾ cup packed fresh parsley sprigs**
- **1 tsp. crushed red pepper flakes**
- **1 tsp. coarsely ground pepper**
- **¼ cup white balsamic vinegar**
- **2 Tbsp. lime juice**
- **1 Tbsp. soy sauce**
- **½ tsp. grated lime peel**
- **⅓ cup olive oil**
- **Grilled steak**

1. Place garlic in a small food processor; cover and chop. Add the cilantro, parsley, pepper flakes and pepper; cover and process until finely chopped.
2. Add the vinegar, lime juice, soy sauce and lime peel. While processing, gradually add oil in a steady stream. Serve with steak.

OTHER USES FOR CILANTRO

1) Use this pungent, citrusy herb to make salsa or jazz up store-bought salsa. **2)** Add to Mexican dishes, scrambled eggs, and traditional lettuce-and-tomato salads.

Bistro Apple Panini

The bacon, apple and tarragon in this recipe go together so well. If you don't have a panini maker or an indoor grill, you can easily pan-fry or broil these excellent sandwiches.

—NOELLE MYERS GRAND FORKS, NORTH DAKOTA

PREP: 20 MIN. • **COOK:** 5 MIN./BATCH
YIELD: 6 SERVINGS

- **12 thick-sliced bacon strips, cut in half**
- **1 medium apple, thinly sliced**
- **1 Tbsp. ginger ale**
- **1 tsp. lemon juice**
- **¼ cup apple jelly**
- **4 tsp. minced fresh tarragon**
- **12 slices sourdough bread**
- **6 slices Havarti cheese**
- **2 Tbsp. Dijon mustard**
- **3 Tbsp. butter, softened**

1. In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels to drain. In a small bowl, toss apple with ginger ale and lemon juice; set aside.
2. Place jelly in a small microwave-safe bowl; microwave on high for 20-30 seconds or until softened. Stir in tarragon.
3. Spread jelly mixture over six bread slices. Top with cheese, apple and bacon. Spread mustard over remaining bread; place over bacon. Spread the outsides of sandwiches with butter.
4. Cook on a panini maker or indoor grill for 3-4 minutes or until bread is browned and cheese is melted.

USES FOR TARRAGON

1) Its strong, spicy, licorice-like flavor complements salads, sauces, soups and stews. It also pairs well with eggs, cheese, tomatoes and vegetables. You can even steep a few leaves in vinegar to flavor it. **2)** Put whole stems under chicken or fish during cooking to infuse flavor without adding salt or calorie-laden sauces.

healthy pops

Classics get a nutrition makeover and go gourmet when **fruit and herbs** collide in the freezer

Good for You! Cool down with one of these super pops, and you'll also get a jump start on your daily dose of fruit.

1 Blackberry Mint Pops In a saucepan, bring 2 cups **water** and 1 cup packed **brown sugar** to a boil. Cook and stir until sugar is dissolved. Stir in 2 cups strained **blackberry puree** (from 4 cups fresh blackberries) and ¼ cup minced **fresh mint**. Fill 16 molds for frozen pops or 3-oz. paper cups each with ¼ cup fruit mixture. Freeze for 1 hour or until slushy. Insert sticks; stir gently to distribute mint. Freeze until firm. ***Yield: 16 pops.***

—**MYRNA CAMPBELL** PHILOMATH, OREGON

2 Rosemary Lemonade Pops Substitute ¾ cup **lemon juice** and 1 tsp. minced **fresh rosemary** for blackberry puree and mint. ***Yield: 12 pops.***

3 Strawberry Cilantro Pops Substitute 2 cups **strawberry puree** and 3 Tbsp. minced **fresh cilantro** for blackberry puree and mint. Stir in 2 Tbsp. **lime juice**. ***Yield: 16 pops.***

4 Peach Thyme Pops Substitute 2 cups **peach puree** and 1 tsp. minced **fresh thyme** for blackberry puree and mint. ***Yield: 16 pops.***

Herb sprigs are shown for identification only and are not part of the recipe. But you can definitely make them part of it!

FOR KEEPS

Here are **three easy ways to store herbs** to better preserve their nutrients and flavor

Dry Them Simply snip off healthy branches and remove the leaves from the bottom inch of the stem. Bundle several stems together with string or a rubber band, and hang upside down in a warm, airy room. Check them weekly until completely dry. Crumble the leaves into spice jars.

Freeze Them Whether from the garden or grocery store, herbs tend to leave leftovers. Happily, they're easy to freeze for later use. Simply chop herbs and fill the sections of an ice cube tray with them. Then, carefully pour water into each herb-filled compartment and freeze.

Refrigerate Them Keep-It Fresh Produce Bags from IMCG not only work, they're affordable, too. Our fresh herb mix stayed green in one for two weeks. Plus, each bag can be reused 10 times. Find them at **amazon.com**, $7 for 10. ■

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- **ADVAIR can cause serious side effects, including:**
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  - **effects on nervous system:** tremor, nervousness
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  - **weakened immune system and a higher chance of infections.** You should avoid exposure to chickenpox and measles, and, if exposed, consult your healthcare provider without delay. Worsening of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur
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*Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary.

†It is not known how anti-inflammatories work in COPD.

‡Restrictions apply. See advairCOPD.com for eligibility rules.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Brief Summary of Important Safety Information about ADVAIR DISKUS on adjacent page.

GSK for you — If you don't have prescription coverage and can't afford your medicines, visit GSKforYou.com or call 1-866-GSK-FOR-U (1-866-475-3678)

ADVAIR DISKUS® 250/50
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)

gsk GlaxoSmithKline

ADVAIR DISKUS®

(fluticasone propionate and salmeterol inhalation powder)

BRIEF SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is the most important information I should know about ADVAIR DISKUS?

ADVAIR DISKUS can cause serious side effects, including:

1. **People with asthma who take long-acting beta$_2$-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems.** It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
   - **Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS.** You may need different treatment.
   - **Get emergency medical care if:**
     - breathing problems worsen quickly and
     - you use your rescue inhaler medicine, but it does not relieve your breathing problems.
2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®), and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).
  - Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.
- ADVAIR DISKUS is used for asthma and COPD as follows:

Asthma

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who are well controlled with an asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine.

COPD

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD.
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- **have heart problems**
- **have high blood pressure**
- **have seizures**
- **have thyroid problems**
- **have diabetes**
- **have liver problems**
- **have osteoporosis**
- **have an immune system problem**
- **are pregnant or planning to become pregnant.** It is not known if ADVAIR DISKUS may harm your unborn baby.
- **are breastfeeding.** It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- **are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products**
- **are exposed to chickenpox or measles**

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- **ADVAIR DISKUS can cause serious side effects, including:**
- **See "What is the most important information I should know about ADVAIR DISKUS?"**
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
  - rash
  - hives
  - swelling of the face, mouth, and tongue
  - breathing problems
- **sudden breathing problems immediately after inhaling your medicine**
- **effects on heart**
  - increased blood pressure
  - a fast and irregular heartbeat
  - chest pain
- **effects on nervous system**
  - tremor
  - nervousness
- **reduced adrenal function (may result in loss of energy)**
- **changes in blood (sugar, potassium, certain types of white blood cells)**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
  - increase in mucus (sputum) production
  - change in mucus color
  - fever
  - chills
  - increased cough
  - increased breathing problems

Common side effects of ADVAIR DISKUS include:

Asthma:

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and throat
- bronchitis
- cough
- headache
- nausea and vomiting

COPD:

- thrush in the mouth and throat
- throat irritation
- hoarseness and voice changes
- viral respiratory infections
- headache
- muscle and bone pain

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advair.com.

GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:7MG January 2011

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AD5622R0 March 2011

Stovetop Sizzle

You need only a **skillet and a few ingredients** for these swift yet special entrees

ready in 30 minutes or less

Teriyaki Mahi Mahi

Sprinkle **mahi mahi fillets** with **garlic powder** and **pepper**; cook fish in 1 Tbsp. **oil** for 4-5 min. per side or until fish flakes easily with a fork. Add 1/4 cup **teriyaki sauce** and 1 tsp. minced fresh **gingerroot** to skillet; heat through. *Serves 4.* —**MICHELLE IBARRIENTOS** TORRANCE, CALIFORNIA

Peppered Pork Pitas

Cook 1 lb. sliced **pork loin chops** and 2 minced **garlic cloves** in 1 Tbsp. **olive oil** until pork is fully cooked; sprinkle with **pepper**. Add 12 oz. drained **roasted sweet red peppers** to skillet; heat through. Serve with **pita bread**. *Serves 4.* —**KATHERINE WHITE** CLEMMONS, NORTH CAROLINA

Olive 'n' Fig Chicken

In a skillet, cook four flattened **boneless skinless chicken breasts** in **olive oil** until cooked through. Sprinkle with **garlic salt** and **lemon-pepper seasoning**; remove. In skillet, heat a 6 oz. jar of **green olive tapenade** with 2 Tbsp. **fig preserves**; spoon over chicken. *Serves 4.* —**CAROL HULL** HERMISTON, OREGON

Rich & Creamy Tortellini

Cook a 9 oz. package of **refrigerated cheese tortellini** according to package directions. In a saucepan, saute 2 minced **garlic cloves** in 4 tsp. **butter** for 1 min. Stir in 4 1/2 tsp. **flour**; slowly add 1 cup **milk** and bring to a boil. Add a 15 oz. jar of **marinara sauce**, 4 oz. cubed **cream cheese**, 2 sliced **green onions**, **salt** and **pepper**; cook and stir until cheese melts. Serve over tortellini. *Serves 6.* —**MOLLY SEIDEL** EDGEWOOD, NEW MEXICO

Very Veggie Frittata

Beat 5 **eggs**, 3/4 cup shredded **cheddar cheese**, 1/4 cup **sour cream**, 2 sliced **green onions**, **salt** and **pepper**. In a 9-in. ovenproof skillet, cook 1 cup fresh **mushrooms** and 1/2 cup each chopped **red**, **yellow** and **green peppers** and 1/4 cup chopped **onion** in 1 Tbsp. **butter** until tender. Pour egg mixture over vegetables. Cover and cook for 4-6 min. or until nearly set. Uncover; sprinkle with 1/4 cup shredded **cheddar cheese**. Broil for 2-3 min. or until eggs are set. *Serves 4.* —**TERI CONDON** BURLEY, IDAHO

Blue Cheese-Stuffed Steaks

Saute 10 **garlic cloves** in 2 Tbsp. **oil**; add 4 cups **grape tomatoes**. Cook until tomatoes start to burst; remove from skillet and keep warm. Cut a pocket into each of 4 (8 oz. each) **beef top sirloin steaks**; fill each pocket with 2 Tbsp. crumbled **blue cheese**. Sprinkle with **salt** and **pepper**. Cook steaks in same skillet for 4-5 min. per side or until meat reaches desired doneness. Serve with tomatoes. *Serves 4.* —**TEDDY DEVICO** WARREN, NEW JERSEY

MORE ONLINE:
Looking for speedy dishes that go on the table in 30 minutes or less? Visit **tasteofhome.com/30**

Kiddo Coolers

Lure kids to the kitchen with **fun recipes** they can personalize, a few smart pointers and **plenty of ice cream**

Summer's here, which means the kids need things to do! Give them something new by bringing them into the kitchen for some no-fuss fun. To ensure complete success, we're pairing advice from reader Charlotte Kennedy, a former junior high foods teacher and current grandma of two, with ice cream recipes created by our test kitchen and photo studio staff. They'll be the perfect anecdote to cries of, "Hey Mom, I'm bored!"

TEACHER SAYS

Charlotte, or Mrs. Kennedy as she's better known in schools in Friendship, Wisconsin, has always believed that teaching children to love cooking is teaching a life skill. "It increases their eating options and decreases their dependency on fast food and convenience products," she says.

And while Charlotte is retired, you can bet that belief inspires her to keep on teaching. Only these days, her students are shorter and even dearer to her heart: her granddaughters, Ellie, 7, and Erin, 6.

"As soon as I come into the kitchen, they pull their step stools up to the chopping block and the fun begins," says Charlotte. "We began with dip, but now whip up cakes and gingerbread houses."

No doubt, Charlotte's well-practiced methods got them there. You'll find her methods on the next page, along with two more easy-to-master ice cream floats from our test kitchen.

◀ Jungle Float

Drizzle 2 Tbsp. **chocolate syrup** into a tall glass; add 3 scoops **chocolate** or **vanilla ice cream**. Drizzle with 1 Tbsp. **chocolate syrup**; top with **club soda**. Garnish with **bananas**, **honey-roasted peanuts**, chopped **peanut butter cups**, **animal crackers**, **whipped cream** and **maraschino cherries**.

Jenae Powell, age 11

Erin and Ellie Ranke, ages 6 & 7

STORYTIME is NOT for SITTING QUIETLY.

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*FREE Watson and the Case of The Sneaky Stealer book with the purchase of Watson Raccoon Interactive Story Buddy (regularly $9.95) while supplies last. One free Watson and the Case of The Sneaky Stealer book per Watson Raccoon Story Buddy. Not valid on past purchases. Tax not included.

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▲Firecracker Float

Place a scoop of **vanilla ice cream** in a tall glass; sprinkle with ⅓ package of **Pop Rocks candy**. Repeat twice, ending with Pop Rocks. Top with **lemon-lime soda**.

▲Strawberry Patch

Spoon 2 Tbsp. **strawberry jam** mixed with 1 tsp. **water** into a tall glass. Top with **strawberry ice cream**, **sliced strawberries**, ¼ cup **cream**, **strawberry** or **raspberry sparkling water**, **whipped cream** and **sprinkles**. ■

Easy 'A'

Here's Charlotte's tried-and-true tips for getting kids started in the kitchen and hooked on cooking.

PREP Assemble all the ingredients and prepare the work surface. If you're working with kids too young to use a knife, chop what you can in advance. Also, open all cans and simplify recipe directions so they're easy to follow.

SAFETY FIRST Before diving in, cover safety and sanitation concerns with kids, making sure they wash their hands before touching food and avoid touching a hot stove.

KEEP IT FUN Try playing kitchen detective, and ask the kids to find the cookie sheet, red spatula, etc. Suggest that they describe different flavors and textures as they try things, and avoid giving too many rules, which can discourage them.

MAKE IT SIMPLE Start with a no-cook recipe such as fruit salad or a smoothie. Show them how to measure dry and wet ingredients. Do your best to make their first outing a success.

PRACTICE MAKES PERFECT Don't expect picture-perfect results; do anticipate a mess. Include them in the cleanup so they learn that it's part of cooking.

Brooke Campbell, age 2

Hailey Moran, age 3

Gabriel Moore, age 5

GOT A KID WHO COOKS? We're looking for kid-friendly recipes you make together, from healthy snacks to dinner and dessert. Send them to: **editors@tasteofhome.com**. Please put "Kids in the Kitchen" on the subject line.

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Simply wholesome.

Real cheese. Whole grain*. No trans fat.

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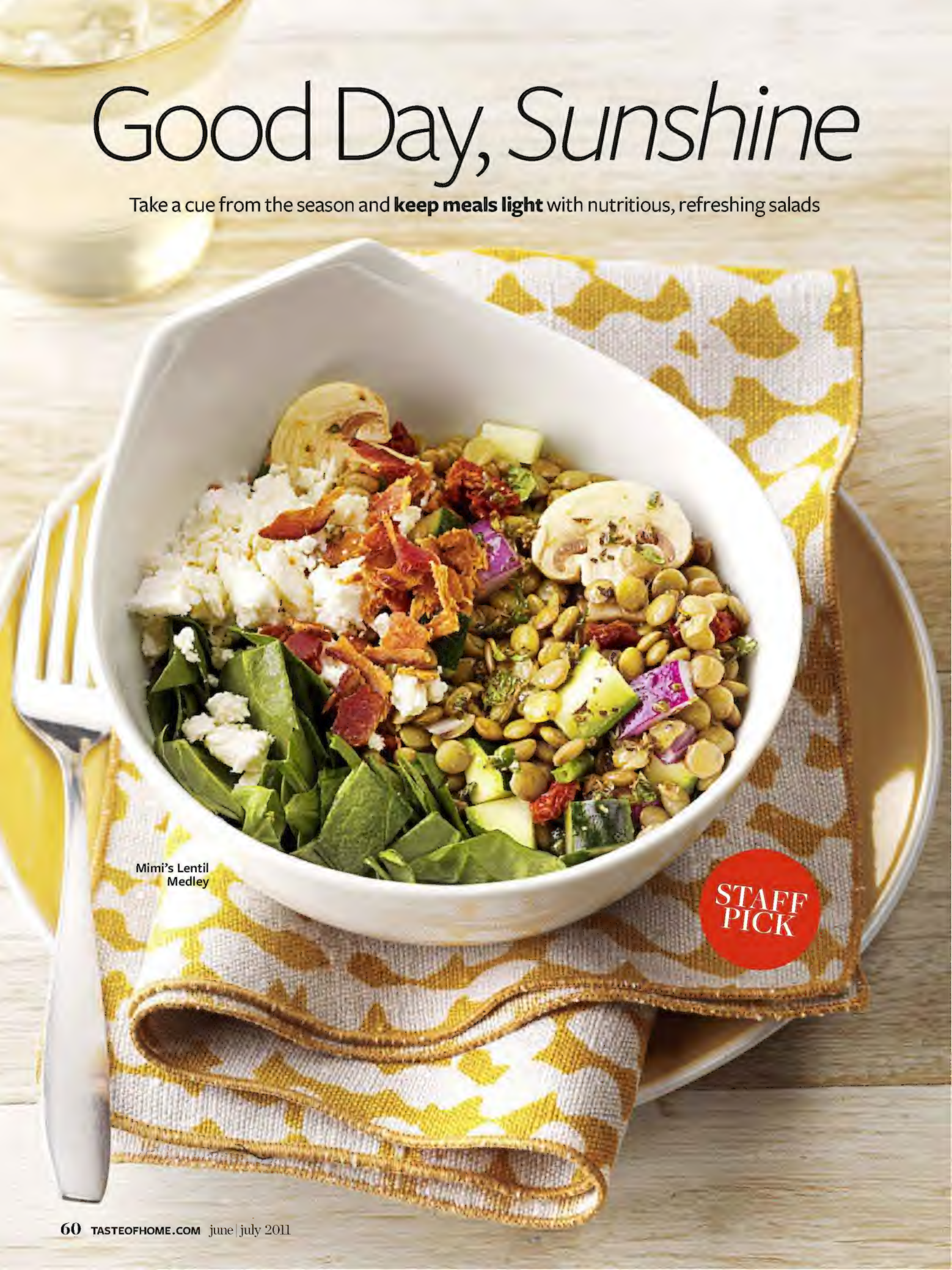
*8 grams whole grain per serving · bagelbites.com

Good Day, *Sunshine*

Take a cue from the season and **keep meals light** with nutritious, refreshing salads



Mimi's Lentil Medley

Eating right comes naturally during the summer, when fresh ingredients are plentiful. Using them in a hearty, great-tasting supper salad gives your family a good dose of protein, fiber and antioxidants—without a lot of calories. Try one of these shining examples tonight, and you'll be asked to make it again.

Mimi's Lentil Medley

I made this one summer evening by putting together what I had on hand. My husband, Ken, gave it his top rating. "You can make this again soon," he said.

—MARY ANN HAZEN
ROCHESTER HILLS, MICHIGAN

PREP: 40 MIN. • **YIELD:** 9 SERVINGS

- **1 cup dried lentils, rinsed**
- **2 cups water**
- **2 cups sliced fresh mushrooms**
- **1 medium cucumber, cubed**
- **1 medium zucchini, cubed**
- **1 small red onion, chopped**
- **½ cup chopped sun-dried tomatoes (not packed in oil)**
- **½ cup rice vinegar**
- **¼ cup minced fresh mint**
- **3 Tbsp. olive oil**
- **2 tsp. honey**
- **1 tsp. dried basil**
- **1 tsp. dried oregano**
- **4 cups fresh baby spinach, chopped**
- **1 cup (4 oz.) crumbled feta cheese**
- **4 bacon strips, cooked and crumbled**

1. In a small saucepan, bring lentils and water to a boil. Reduce heat; cover and simmer for 20-25 minutes or until tender. Drain and rinse in cold water.
2. Transfer to a large bowl. Add the mushrooms, cucumber, zucchini, onion and tomatoes. Whisk the vinegar, mint, oil, honey, basil and oregano. Drizzle over lentil mixture; toss to coat. Add the spinach, cheese and bacon; toss to combine. Serve immediately.
Nutrition Facts: *1¼ cups equals 226 calories, 9 g fat (3 g saturated fat), 11 mg cholesterol, 299 mg sodium, 25 g carbohydrate, 10 g fiber, 12 g protein.* **Diabetic Exchanges:** *2 fat, 1 starch, 1 vegetable.*

MORE ONLINE:
For more fresh-tasting summer salads, visit
tasteofhome.com/salads

Northwest Salmon Salad

Northwest Salmon Salad

I love being able to use my favorite Northwest ingredients—fresh salmon, blueberries and hazelnuts—all in one recipe. The salmon and sour cream dressing is just as scrumptious in a sandwich.

—ELDA CLEVENGER DEXTER, OREGON

PREP: 45 MIN. • **YIELD:** 4 SERVINGS

- **1 salmon fillet (1 lb.)**
- **½ tsp. salt**
- **½ tsp. plus ⅛ tsp. coarsely ground pepper, divided**
- **2 Tbsp. lemon juice, divided**
- **4 fresh dill sprigs**
- **1 cup chopped peeled cucumber**
- **½ cup reduced-fat sour cream**
- **¼ cup finely chopped sweet red pepper**
- **¼ cup snipped fresh dill**
- **3 Tbsp. capers, drained**
- **8 cups torn Bibb lettuce**
- **1 medium peach, peeled and sliced**
- **¼ cup chopped hazelnuts**
- **¼ cup fresh blueberries**
- **4 thin slices red onion, separated into rings**

1. Place salmon on a greased baking sheet; sprinkle with salt and 1/2 tsp. pepper. Drizzle with 1 Tbsp. lemon juice; top with dill sprigs.
2. Bake, uncovered, at 425° for 15-18 minutes or until fish flakes easily with a fork. Flake salmon into large pieces.
3. In a small bowl, combine the cucumber, sour cream, red pepper, snipped dill, capers and remaining pepper and lemon juice.
4. Divide lettuce among four plates. Top with peach, hazelnuts, blueberries, onion and salmon. Serve with dressing.
Nutrition Facts: *1 serving equals 305 calories, 18 g fat (4 g saturated fat), 67 mg cholesterol, 571 mg sodium, 13 g carbohydrate, 3 g fiber, 25 g protein.* **Diabetic Exchanges:** *3 lean meat, 2 fat, 1 starch.*

Tomato-Melon Chicken Salad

Nothing says summer like picking watermelon, tomatoes and raspberries, then tossing them together in a salad. The addition of grilled chicken makes it a satisfying yet still summery meal.

—BETSY HITE WILTON, CALIFORNIA

PREP/TOTAL TIME: 15 MIN.
YIELD: 6 SERVINGS

- **4 medium tomatoes, cut into wedges**
- **2 cups cubed seedless watermelon**
- **1 cup fresh raspberries**
- **¼ cup minced fresh basil**
- **¼ cup olive oil**
- **2 Tbsp. balsamic vinegar**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **9 cups torn mixed salad greens**
- **4 grilled chicken breasts (4 oz. each), sliced**

1. In a large bowl, combine the tomatoes, watermelon and raspberries. In a small bowl, whisk the basil, oil, vinegar, salt and pepper. Drizzle over tomato mixture; toss to coat. Divide salad greens among 6 serving plates; top with tomato mixture and chicken.
Nutrition Facts: *1½ cups equals 368 calories, 16 g fat (3 g saturated fat), 113 mg cholesterol, 230 mg sodium, 14 g carbohydrate, 5 g fiber, 44 g protein.*

Tomato-Melon Chicken Salad

Health Briefs

News to **peruse** for a better life | BY SARA ALTSHUL

25%
The amount a woman can cut her risk of stroke by drinking 1-2 cups of coffee a day, according to a major study in the medical journal *Stroke*. Coffee contains lots of antioxidants that may be protective.

GO AHEAD, DIG IN!

Rich and luscious dark chocolate just keeps getting better

As if we don't owe the Swedish enough already for coming up with those meatballs and massages—now we have another debt of gratitude: Scientists in Sweden have found that dark chocolate (containing at least 72% cocoa) lowers blood pressure by inhibiting what's called the angiotensin-converting enzyme (ACE). That's good because ACE produces angiotensin II, which narrows blood vessels, raises blood pressure and makes your heart work harder.

In the study, lucky volunteers ate 72 grams of dark chocolate a day (about ¾ of a 3.5-ounce bar) for two weeks, which lowered their ACE levels by about the same amount as commonly prescribed drugs. Since that's about 400 calories, you'll need to swap out something less healthy in your daily diet, such as sugary soda or pastries.

MORE ONLINE:
To learn more about the health benefits of nuts, visit **tasteofhome.com/nuts**

LEAN, GREEN MACHINE

If all the hype about hard-working green tea hasn't sold you on brewing a cup, this might do the trick: Recent studies have shown that green tea may have a significant thermogenic (fat-burning) effect. And burning fat more effectively has two big benefits: increased energy and a lower waist size. While no one's saying green tea is a magic potion, it's a healthy addition to any diet. Here's a delicious way to enjoy it:

Add 12 fresh **mint leaves** and 4 **green tea bags** to 2 cups of **boiling water**. Cover and steep for 3-5 minutes; discard the mint and tea bags. Stir in ⅓ cup of **sugar**. Blend 2½ cups diced **honeydew melon** in a food processor and add 1½ cups **ice cubes** and the tea. Blend and serve over additional ice. Makes 5 servings.

GO NUTS FOR PECANS

Grab a handful; they'll do you good!

The delectable pecan is one of the tastiest nuts. And this just in: It's officially one of the healthiest. Turns out, **pecans contain more antioxidants than walnuts**—and are also high in fiber and mono- and polyunsaturated fats, which reduce your risks for type 2 diabetes.

To rev up their crunchy flavor, try toasting pecans. Spread on a baking sheet spritzed with cooking spray and bake at 350° for 5-10 minutes until lightly browned. Chop into the lentil or chicken salad on *page 61*, or swap them for hazelnuts in the salmon salad on the same page. ■

PECANS, IMAGE SOURCE/GETTY IMAGES; WOMAN, JESSICA PETERSON/GETTY IMAGES

Is **Diabetic Nerve Pain** leaving you behind?

LYRICA®
PREGABALIN Ⓒ
capsules

Diabetes damages ***nerves*** *which may cause a unique type of pain.**

Lyrica *is believed to work on these damaged nerves.*

*Artist depiction of diabetic nerve pain symptoms

Move towards relief with Lyrica.

Burning, throbbing symptoms in your hands or feet? Lyrica is FDA approved to effectively treat Diabetic Nerve Pain. Over-the-counter pain relief pills are not FDA approved to treat this unique kind of pain. **Lyrica studies showed that patients had less Diabetic Nerve Pain and felt better.**

Start the Lyrica conversation with your doctor today.

Prescription Lyrica is not for everyone. Tell your doctor right away about any serious allergic reaction that causes swelling of the face, mouth, lips, gums, tongue, throat or neck or any trouble breathing or that affects your skin. Lyrica may cause suicidal thoughts or actions in a very small number of people. Call your doctor right away if you have new or worsening depression, suicidal thoughts or actions, or unusual changes in mood or behavior. Lyrica may cause swelling of your hands, legs and feet. Some of the most common side effects of Lyrica are dizziness and sleepiness. Do not drive or work with machines until you know how Lyrica affects you. Other common side effects are blurry vision, weight gain, trouble concentrating, dry mouth, and feeling "high." Also, tell your doctor right away about muscle pain along with feeling sick and feverish, or any changes in your eyesight including blurry vision or any skin sores if you have diabetes. You may have a higher chance of swelling, hives or gaining weight if you are also taking certain diabetes or high blood pressure medicines. Do not drink alcohol while taking Lyrica. You may have more dizziness and sleepiness if you take Lyrica with alcohol, narcotic pain medicines, or medicines for anxiety. If you have had a drug or alcohol problem, you may be more likely to misuse Lyrica. Tell your doctor if you are planning to father a child. Talk with your doctor before you stop taking Lyrica or any other prescription medication.

Please see Important Facts Brief Summary on adjacent page.

To learn more visit www.lyrica.com or call toll-free 1-888-9-LYRICA (1-888-959-7422).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

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IMPORTANT FACTS

LYRICA® PREGABALIN ©

(LEER-i-kah)

IMPORTANT SAFETY INFORMATION ABOUT LYRICA

LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction:

- Swelling of your face, mouth, lips, gums, tongue, throat or neck
- Have any trouble breathing
- Rash, hives (raised bumps) or blisters

Like other antiepileptic drugs, LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500.

Call your doctor right away if you have any symptoms, especially if they are new, worse or worry you, including:

- New or worsening depression
- Suicidal thoughts or actions
- Unusual changes in mood or behavior

Do not stop LYRICA without first talking with your doctor.

LYRICA may cause swelling of your hands, legs and feet.

This swelling can be a serious problem with people with heart problems.

LYRICA may cause dizziness or sleepiness.

Do not drive a car, work with machines, or do other dangerous things until you know how LYRICA affects you. Ask your doctor when it is okay to do these things.

ABOUT LYRICA

LYRICA is a prescription medicine used in adults 18 years and older to treat:

- Pain from damaged nerves that happens with diabetes or that follows healing of shingles
- Partial seizures when taken together with other seizure medicines
- Fibromyalgia (pain all over your body)

Who should NOT take LYRICA:

- Anyone who is allergic to anything in LYRICA

BEFORE STARTING LYRICA

Tell your doctor about all your medical conditions, including if you:

- Have had depression, mood problems or suicidal thoughts or behavior
- Have or had kidney problems or dialysis
- Have heart problems, including heart failure
- Have a bleeding problem or a low blood platelet count
- Have abused prescription medicines, street drugs or alcohol in the past
- Have ever had swelling of your face, mouth, tongue, lips, gums, neck, or throat (angioedema)
- Plan to father a child. It is not known if problems seen in animal studies can happen in humans.
- Are pregnant, plan to become pregnant or are breastfeeding. It is not known if LYRICA will harm your unborn baby. You and your doctor should decide whether you should take LYRICA or breast-feed, but not both.

Tell your doctor about all your medicines. Include over-the-counter medicines, vitamins, and herbal supplements. LYRICA and other medicines may affect each other causing side effects. Especially tell your doctor if you take:

- Angiotensin converting enzyme (ACE) inhibitors. You may have a higher chance for swelling and hives.

BEFORE STARTING LYRICA, continued

- Avandia® (rosiglitazone)*, Avandamet® (rosiglitazone and metformin)* or Actos® (pioglitazone)** for diabetes. You may have a higher chance of weight gain or swelling of your hands or feet.
- Narcotic pain medicines (such as oxycodone), tranquilizers or medicines for anxiety (such as lorazepam). You may have a higher chance for dizziness and sleepiness.
- Any medicines that make you sleepy

POSSIBLE SIDE EFFECTS OF LYRICA

LYRICA may cause serious side effects, including:

- See "Important Safety Information About LYRICA."
- Muscle problems, pain, soreness or weakness along with feeling sick and fever
- Eyesight problems including blurry vision
- Weight gain. Weight gain may affect control of diabetes and can be serious for people with heart problems.
- Feeling "high"

If you have any of these symptoms, tell your doctor right away.

The most common side effects of LYRICA are:

- Dizziness
- Blurry vision
- Weight gain
- Sleepiness
- Trouble concentrating
- Swelling of hands and feet
- Dry mouth

If you have diabetes, you should pay extra attention to your skin while taking LYRICA and tell your doctor of any sores or skin problems.

HOW TO TAKE LYRICA

Do:

- Take LYRICA exactly as your doctor tells you. Your doctor will tell you how much to take and when to take it. Take LYRICA at the same times each day.
- Take LYRICA with or without food.

Don't:

- Drive a car or use machines if you feel dizzy or sleepy while taking LYRICA.
- Drink alcohol or use other medicines that make you sleepy while taking LYRICA.
- Change the dose or stop LYRICA suddenly. You may have headaches, nausea, diarrhea, or trouble sleeping if you stop taking LYRICA suddenly.
- Start any new medicines without first talking to your doctor.

NEED MORE INFORMATION?

- Ask your doctor or pharmacist. This is only a brief summary of important information.
- Go to **www.lyrica.com** or call **1-866-459-7422 (1-866-4LYRICA).**

Uninsured? Need help paying for Pfizer medicines? Pfizer has programs that can help. Call **1-866-706-2400** or visit www.PfizerHelpfulAnswers.com.

Pfizer helpful answers

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Rx only

contest

Blaze of Glory

You know that smell—**the aroma of flame-broiled** goodness that floats on summer breezes. It catches your nose, sparks your appetite and reminds you of happy times outdoors. Grilling is so tightly woven into our summertime traditions that it's **synonymous with the season**. So it was no surprise that our grilling contest offered up some of the **best warm-weather fare** we've tried: smoky-sweet ribs, decked-out burgers, gently charred veggies, fresh takes on seafood, even dynamic salads. We're certain each one will sear itself into your summer cooking lineup, making the **scent of your backyard barbecues** even more tempting.

YOU COULD BE NEXT! TURN TO PAGE 66 TO ENTER OUR NEXT RECIPE CONTEST

ENTER OUR
MARKET-FRESH FAVORITE
CONTEST & *WIN!*

$500

MARKET-FRESH FAVORITES

With their bright colors and sun-drenched flavors, fruits and veggies picked at their prime make eating and cooking even more of a delight. Our next contest celebrates the incomparable taste of just-harvested tomatoes, berries, onions, spinach and all the other summer produce that fills backyard gardens, farmers markets and grocery stores this time of year.

No matter what the fruit or veggie, we want your very best garden-fresh recipes—the dishes family and friends request, the ones that knock their socks off! Whether it's sweet, savory, breakfast, dinner, dessert, or even a drink, we'd love to see it. It only takes a minute to enter our contest, but your recipe could live on in *Taste of Home* history!

WE'RE LOOKING FOR...

- Muffins, quick breads, pies and cakes featuring berries, rhubarb, zucchini, sweet potato, pumpkin and more
- Pancakes, eggs and French toast spiked with the fresh flavors of the season
- Appetizers and snacks that put produce center stage, such as stuffed tomatoes, summer squash tarts, and sweet pea and ricotta crostini
- Salads, soups and sides chock-full of herbs, greens, potatoes, green beans, strawberries and anything else that grows in your garden
- Entrees starring whatever crop you're up to your elbows in, from apples and beets to corn and carrots
- Drinks and desserts—hot or cold—that capitalize on sun-kissed ingredients ripe for the picking

ENTRY DEADLINE IS NOV. 14, 2011

Winners will be announced in the **June/July 2012** issue.

ENTER TODAY AT
tasteofhome.com/recipecontests

MEET OUR

Grand Prize Winner

Feeding a big family is this Canadian mom's secret to coming up with contest-winning recipes

Most say a great chef is born from a love of food. But Cathy Godberson of Oakville, Ontario, proves it might have more to do with the number of mouths there are to feed.

"I grew up in a family with seven children, so my mom had to be creative on a budget. She taught her girls to cook at a young age, and we often helped her, which gave us lots of experience," Cathy says. "Then I had five boys who love to eat, so I use my mom's cooking lessons every single day."

Luckily for Cathy's siblings, sons and husband, she has a knack for dreaming up out-of-this-world dishes for those she loves.

"Marvelous Mediterranean Vegetables is one of my specialties," she says. "Mediterranean flavors are my favorite, so I experimented with various vegetables, feta and kalmata olives until I got it right—and have been making them ever since. I serve them when I have guests, whether it's summer or winter, and typically partner them with beef tenderloin or salmon. The leftovers are excellent in a panini or tossed with pasta."

Since the men in her life (husband Brian and sons Timothy, 24; Nicolas 22; Michael, 20; Justin, 17; and Lucas, 12) are big eaters, Cathy's used to pleasing a crowd. "I constantly try new recipes to keep everyone from getting bored. We go through so many groceries in a week—mostly meat. I try to include lots of chicken and fish for health reasons."

When her big family isn't keeping her on her toes, Cathy works part time as a dental hygienist, helps care for her father, and devotes time to swimming and playing tennis.

"It was such a wonderful surprise to win this contest," she says. "I'm going to give half to charity and put the other half away for a rainy day." Let's hope her boys aren't especially hungry that day. ■

FIRE IT UP!

Whether you grill out year-round or just in summer, you'll love these ideas from *Taste of Home* readers.

I keep frozen hamburger patties on hand during grilling season. I cut each pound of meat into four burgers, placing each one in a sandwich bag and flattening them into patties. Then I stack them in a freezer-safe bag in my freezer. I use the bags as a glove to place the thawed meat on the grill. **—ROSEMARY MARTIN** JANESVILLE, WISCONSIN

To serve grilled hot dogs, especially to kids, I like to hollow out one side of the bun and place the hot dog in the little nest. This way, the hot dog won't roll out, and it's easier to handle. **—SHIRLEY ABBOTT** ERIE, PENNSYLVANIA

If you prefer grilling with charcoal but hate the mess, try this: Use a garden trowel to fill a medium-size paper bag with just the amount of briquettes you need. Place the bag in the grill and light it. No more dirty hands and clothes. **—KAREN ANN BLAND** GOVE, KANSAS

GRAND PRIZE

Marvelous Mediterranean Vegetables

CATHY GODBERSON OAKVILLE, ONTARIO

With so many barbecues in the summer, I created this simple, tasty dish to complement any entree. I like to prepare it earlier in the day and let it marinate, then just throw it on the grill.

1ST PLACE

Stacey's Famous BBQ Chicken

STACEY NERNESS SPENCER, IOWA

This is sticky, finger-lickin' sauce that everyone, including my kids, loves. I make it in big batches now and give jars of it to family and friends.

2ND PLACE

Jalapeno Popper Burgers

JO DAVISON NAPLES, FLORIDA

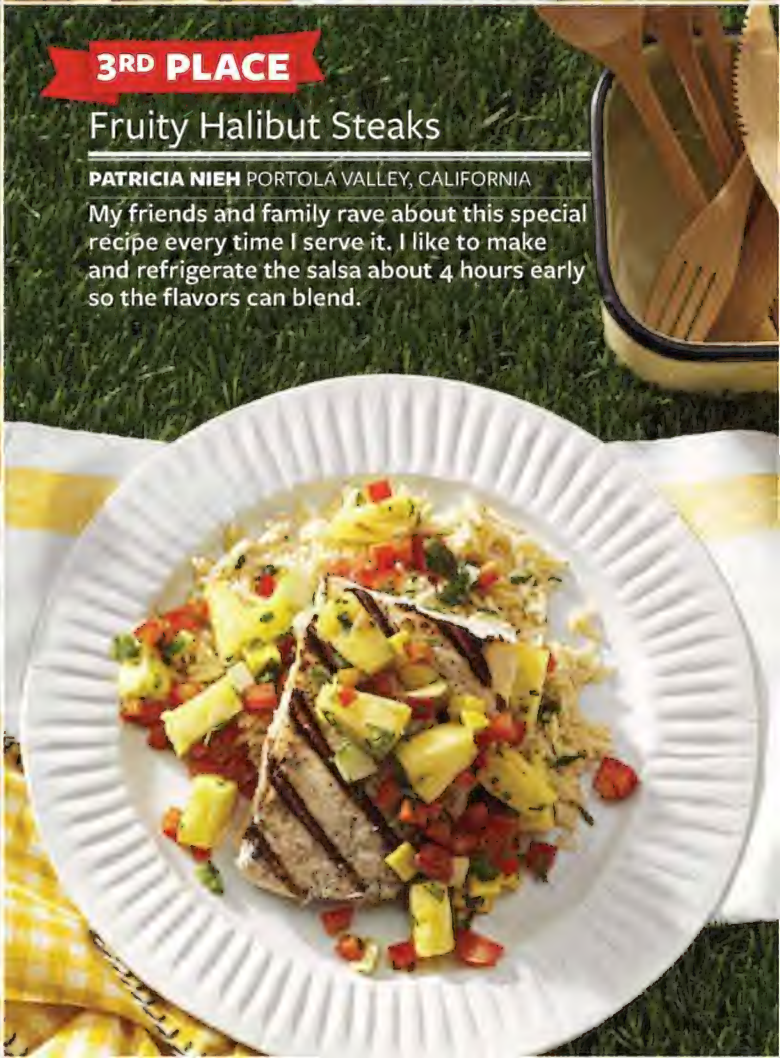
What do you get when you combine a jalapeno popper and a great burger? This fantastic recipe! It takes the classic components of a popper and encases them in a juiny patty, for a burst of flavor in every bite.

3RD PLACE

Fruity Halibut Steaks

PATRICIA NIEH PORTOLA VALLEY, CALIFORNIA

My friends and family rave about this special recipe every time I serve it. I like to make and refrigerate the salsa about 4 hours early so the flavors can blend.



Stacey's Famous BBQ Chicken

PREP: 45 MIN. • **GRILL:** 40 MIN.
YIELD: 4 SERVINGS PLUS 3 CUPS EXTRA SAUCE

- **2½ cups ketchup**
- **½ cup packed brown sugar**
- **½ cup honey**
- **¼ cup Liquid Smoke**
- **¼ cup molasses**
- **1 serrano pepper, finely chopped**
- **2 Tbsp. prepared mustard**
- **1 Tbsp. white wine vinegar**
- **1 Tbsp. Worcestershire sauce**
- **2 tsp. onion powder**
- **2 tsp. garlic powder**
- **¼ tsp. cayenne pepper**
- **4 chicken leg quarters**
- **½ tsp. salt**
- **½ tsp. pepper**

1. In a large saucepan, combine the first 12 ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes to allow flavors to blend. Set aside ½ cup sauce for basting; cover and refrigerate remaining sauce for later use.
2. Sprinkle chicken with salt and pepper. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack.
3. Prepare grill for indirect heat, using a drip pan. Place chicken skin side down over drip pan and grill, covered, over indirect medium heat for 20 minutes. Turn; grill 20-30 minutes longer or until juices run clear, basting occasionally with reserved sauce.
Editor's Note: *We recommend wearing disposable gloves when cutting hot peppers. Avoid touching your face.*

Marvelous Mediterranean Vegetables

PREP: 25 MIN. + MARINATING • **GRILL:** 10 MIN. • **YIELD:** 9 SERVINGS

- **3 large portobello mushrooms**
- **1 each medium sweet red, orange and yellow peppers**
- **1 medium zucchini**
- **10 fresh asparagus spears, cut into 2-in. lengths**
- **1 small onion, sliced and separated into rings**
- **¾ cup grape tomatoes**
- **½ cup fresh sugar snap peas**
- **½ cup fresh broccoli florets**
- **½ cup pitted Greek olives**
- **1 bottle (14 oz.) Greek vinaigrette**
- **½ cup crumbled feta cheese**

1. Slice the mushrooms, peppers and zucchini; place in a large resealable plastic bag. Add the asparagus, onion, tomatoes, peas, broccoli and olives. Pour vinaigrette into the bag; seal bag and turn to coat. Refrigerate for at least 30 minutes.
2. Drain vegetables and discard marinade. Transfer vegetables to a grill wok or basket. Grill, uncovered, over medium heat for 8-12 minutes or until tender, stirring frequently. Place on serving plate; sprinkle with cheese.
Editor's Note: *If you do not have a grill wok or basket, use a disposable foil pan. Poke holes in the bottom of the pan with a meat fork to allow liquid to drain.*

Fruity Halibut Steaks

PREP/TOTAL TIME: 30 MIN. • **YIELD:** 6 SERVINGS

- **1 cup chopped fresh pineapple**
- **1 cup chopped peeled mango**
- **⅔ cup chopped sweet red pepper**
- **1 medium tomato, seeded and chopped**
- **⅓ cup chopped seeded peeled cucumber**
- **¼ cup minced fresh cilantro**
- **2 Tbsp. chopped seeded jalapeno pepper**
- **2 Tbsp. lime juice**
- **6 halibut steaks (8 oz. each)**
- **2 Tbsp. olive oil**
- **½ tsp. salt**
- **½ tsp. pepper**

1. In a small bowl, combine the first eight ingredients; chill until serving.
2. Brush halibut with oil; sprinkle with salt and pepper. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill halibut, covered, over high heat or broil 3-4 in. from the heat for 3-5 minutes on each side or until fish flakes easily with a fork. Serve with the salsa.
Editor's Note: *We recommend wearing disposable gloves when cutting hot peppers. Avoid touching your face.*

Jalapeno Popper Burgers

PREP: 30 MIN. • **GRILL:** 15 MIN. • **YIELD:** 4 SERVINGS

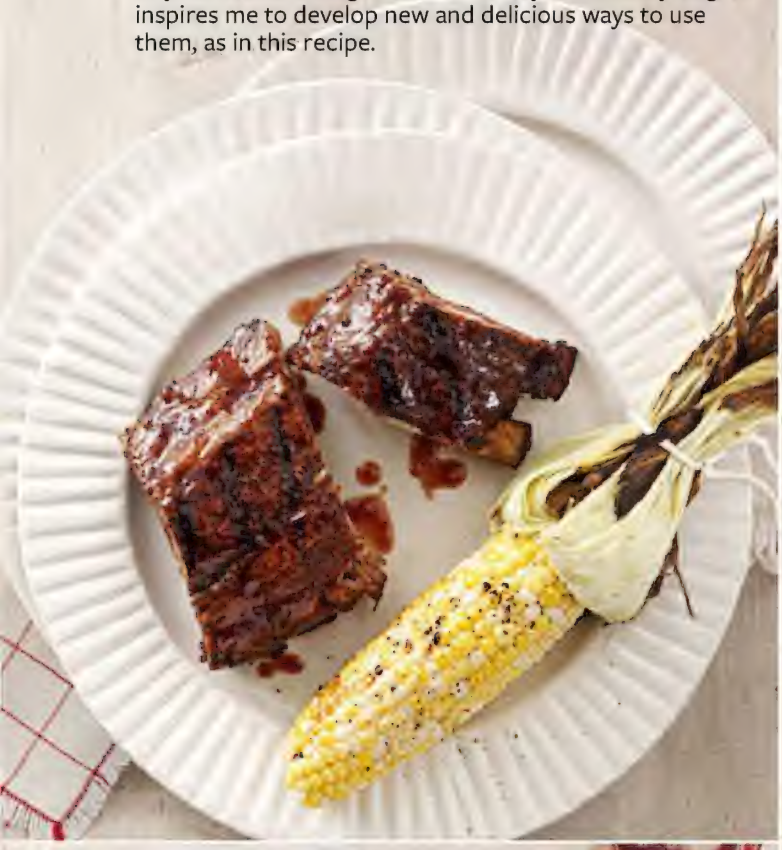
- **3 jalapeno peppers, halved lengthwise and seeded**
- **1 tsp. olive oil**
- **6 bacon strips, cooked and crumbled**
- **1 pkg. (3 oz.) cream cheese, softened**
- **2 garlic cloves, minced**
- **1 tsp. salt**
- **1 tsp. lemon-pepper seasoning**
- **½ tsp. pepper**
- **¼ tsp. paprika**
- **2 lbs. ground beef**
- **4 slices pepper Jack cheese**
- **4 hamburger buns, split**
- **4 lettuce leaves**
- **1 large tomato, sliced**
- **¾ cup guacamole**

1. Brush jalapenos with oil. Grill, covered, over medium heat for 3-5 minutes or until tender, turning occasionally. When cool enough to handle, finely chop. In a small bowl, combine the bacon, cream cheese and jalapeno until blended.
2. In a large bowl, combine the garlic, salt, lemon-pepper, pepper and paprika. Crumble beef over mixture and mix well. Shape into eight thin patties. Spoon bacon mixture onto center of four patties; top with remaining patties and press edges firmly to seal.
3. Grill burgers, covered, over medium heat or broil 4 in. from heat for 6-7 minutes on each side or until a meat thermometer reads 160° and juices run clear. Top with pepper Jack cheese. Cover and cook 1-2 minutes longer or until cheese is melted.
4. Grill buns, cut side down, over medium heat for 30-60 seconds or until toasted. Serve burgers on buns with lettuce, tomato and guacamole.
Editor's Note: *We recommend wearing disposable gloves when cutting hot peppers. Avoid touching your face.*

Smoky Cranberry Ribs

CHRISTINE WENDLAND BROWNS MILLS, NEW JERSEY

I love cranberries and freeze them in season to enjoy all year-round. Living near New Jersey's cranberry bogs inspires me to develop new and delicious ways to use them, as in this recipe.



Backyard Red Potato Salad

HOLLY BAUER WEST BEND, WISCONSIN

I love this recipe because it's not your typical potato salad. There's no mayo, so it's perfect for outdoor picnics, plus it looks just as good as it tastes.

Sizzling Tex-Mex Fajitas

KARYN POWER ARLINGTON, TEXAS

My family likes garlic, so I dreamed up this delicious marinade for our summer fajita dinners. The marinade only needs 8 hours to work its magic, but it's even better left overnight. Try it on chicken breasts, too.

Sweet & Spicy Fusion Burgers

JAMIE BROWN-MILLER NAPA, CALIFORNIA

These burgers combine some of my favorite flavors and textures, and you can do most of the work ahead of time. You'll find naan, an Indian flatbread, in the international or bread section of your grocery store.

Backyard Red Potato Salad

PREP: 25 MIN. • **GRILL:** 10 MIN. • **YIELD:** 9 SERVINGS

- **2½ lbs. small red potatoes**
- **1 medium onion, cut into ½-in. slices**
- **½ cup olive oil, divided**
- **1 tsp. salt, divided**
- **½ tsp. pepper, divided**
- **3 Tbsp. balsamic vinegar**
- **2 Tbsp. lemon juice**
- **1 Tbsp. Dijon mustard**
- **2 tsp. sugar**
- **2 garlic cloves, minced**
- **¼ cup minced fresh tarragon**

1. Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10 minutes. Drain; cool slightly. Cut each in half.

2. In a large bowl, combine the potatoes, onion, ¼ cup oil, ½ tsp. salt and ¼ tsp. pepper; toss to coat. Arrange cut sides down on a grilling grid; place on a grill rack. Grill, covered, over medium heat for 8-10 minutes or until vegetables are tender and lightly browned, turning occasionally. Chop onion. Place onion and potatoes in bowl.

3. In a small bowl, whisk the vinegar, lemon juice, mustard, sugar, garlic and remaining oil, salt and pepper. Add to potato mixture; toss to coat. Sprinkle with tarragon. Serve warm or at room temperature. Refrigerate leftovers.

Editor's Note: *If you do not have a grilling grid, use a disposable foil pan. Poke holes in the bottom of the pan with a meat fork to allow any liquid to drain.*

Smoky Cranberry Ribs

PREP: 25 MIN. + CHILLING • **GRILL:** 2 HOURS • **YIELD:** 6 SERVINGS

- **4½ tsp. paprika**
- **4 tsp. salt**
- **2 tsp. fennel seed**
- **1½ tsp. pepper**
- **1 tsp. onion powder**
- **1 tsp. caraway seeds**
- **1 tsp. ground allspice**
- **½ tsp. garlic powder**
- **½ tsp. rubbed sage**
- **6 lbs. pork baby back ribs**

SAUCE:

- **1½ cups fresh or frozen cranberries, thawed**
- **1½ cups packed dark brown sugar**
- **1 cup cider vinegar**
- **1 small sweet onion, chopped**
- **¼ cup ketchup**

1. In a spice grinder or with a mortar and pestle, combine the first nine ingredients; grind until fennel and caraway seeds are crushed. Set aside 4 tsp. for sauce.

2. Rub remaining spice mixture over ribs. Cover and refrigerate for at least 1 hour.

3. Wrap ribs in a large piece of heavy-duty foil (about 28 in. x 18 in.); seal tightly. Prepare grill for indirect heat, using a drip pan. Place ribs over drip pan and grill, covered, over indirect medium heat for 1-1/2 to 2 hours or until tender.

4. In a small saucepan, combine the cranberries, brown sugar, vinegar, onion and reserved spice mixture. Cook over medium heat until berries pop, about 15 minutes; cool slightly. Transfer to a blender; add ketchup. Cover and process until smooth. Set aside 1 cup sauce for serving.

5. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Carefully remove ribs from foil. Place over direct heat; baste with some of the sauce. Grill 30 minutes, turning and basting occasionally. Serve with the reserved cranberry sauce.

Sweet & Spicy Fusion Burgers

PREP: 25 MIN. • **GRILL:** 10 MIN. • **YIELD:** 4 SERVINGS

- **2 cups shredded cabbage**
- **2 tsp. sesame seeds**
- **2 tsp. lemon juice**
- **2 tsp. Dijon mustard**
- **2 tsp. sesame oil**
- **2 Tbsp. sriracha Asian hot chili sauce**
- **2 Tbsp. soy sauce**
- **2 Tbsp. honey**
- **1 Tbsp. red wine vinegar**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **1 lb. ground turkey**
- **4 naan flatbreads, warmed**
- **1 pkg. (5.3 oz.) fresh goat cheese**
- **½ medium cucumber, thinly sliced**
- **½ cup julienned sweet red pepper**

1. Place cabbage in a small bowl. In another small bowl, combine the sesame seeds, lemon juice, mustard and oil; pour over cabbage and toss to coat.

2. In a large bowl, combine the chili sauce, soy sauce, honey, vinegar, salt and pepper. Crumble turkey over mixture and mix well. Shape into four patties.

3. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill burgers, covered, over medium heat or broil 4 in. from the heat for 5-7 minutes on each side or until a meat thermometer reads 165° and juices run clear.

4. Spread four flatbread halves with cheese. Top with burgers, cucumber, red pepper and cabbage mixture.

Sizzling Tex-Mex Fajitas

PREP: 30 MIN. + MARINATING • **GRILL:** 10 MIN. • **YIELD:** 6 SERVINGS

- **⅓ cup beef broth**
- **¼ cup lime juice**
- **3 Tbsp. olive oil, divided**
- **4 garlic cloves, minced**
- **2 tsp. Worcestershire sauce**
- **1 tsp. salt**
- **1 envelope savory herb with garlic soup mix, divided**
- **1 tsp. Dijon mustard**
- **½ tsp. pepper**
- **½ tsp. cayenne pepper**
- **½ tsp. Liquid Smoke, optional**
- **2 lbs. beef skirt steak, cut into 4- to 6-in. portions**
- **2 large onions, sliced**
- **1 medium green pepper, sliced**
- **1 medium sweet yellow pepper, sliced**
- **12 flour tortillas (8 in.)**
- **Salsa, shredded cheese, guacamole and sour cream, optional**

1. In a large resealable plastic bag, combine the broth, lime juice, 1 Tbsp. oil, garlic, Worcestershire sauce, salt, 1 tsp. soup mix, mustard, pepper, cayenne and Liquid Smoke if desired. Add the steaks; seal bag and turn to coat. Refrigerate for 8 hours or overnight.

2. In a large bowl, combine onions, green pepper, yellow pepper and remaining oil and soup mix. Place half of mixture on each of two double thicknesses of heavy-duty foil (about 12 in. square). Fold foil around vegetables and seal tightly.

3. Drain beef and discard marinade. Grill steaks and vegetable packets, covered, over medium heat for 10-13 minutes or until the meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°) and the vegetables are tender, turning steaks once.

4. Open foil packets carefully to allow steam to escape. Thinly slice steaks; place beef and vegetables on tortillas. Serve with salsa, cheese, guacamole and sour cream if desired.

Grilled Romaine Toss

TRISHA KRUSE EAGLE, IDAHO FE

I often double this fantastic salad, and it's always history by the end of the night. During inclement weather, simply prepare it under the broiler.

Chipotle Lime Corn on the Cob

CAROLYN KUMPE EL DORADO, CALIFORNIA

In Mexico, grilled corn sometimes comes slathered in mayonnaise, rolled in grated cheese and served with lime and chili powder. This is my family's take on the dish, with our own flavor enhancements.

Cola Hot Wings

LISA LINVILLE RANDOLPH, NEBRASKA

These delectable wings are so easy to make, and they offer year-round versatility, from summer cookouts to autumn tailgates. My husband likes them so much he'll stand out in the snow to grill them!

Heavenly Greek Tacos

MEAGAN JENSEN RENO, NEVADA

The first time I made these, my fiance and I were in heaven! I don't think I've ever said "Mmm" so many times. They're sure to satisfy!

Chipotle Lime Corn on the Cob

PREP: 25 MIN. • **GRILL:** 25 MIN. • **YIELD:** 6 SERVINGS

- **6 large ears sweet corn in husks**
- **½ cup mayonnaise**
- **1 chipotle pepper in adobo sauce, finely chopped**
- **2 Tbsp. minced fresh cilantro**
- **2 Tbsp. lime juice**
- **1½ tsp. grated lime peel**
- **1 garlic clove, minced**
- **½ cup grated Asiago cheese**

1. Carefully peel back corn husks to within 1 in. of bottoms; remove silk. Rewrap corn in husks and secure with kitchen string. Place in a stockpot; cover with cold water. Soak for 20 minutes; drain.

2. Grill corn, covered, over medium heat for 25-30 minutes or until tender, turning often.

3. In a small bowl, combine the mayonnaise, chipotle, cilantro, lime juice, lime peel and garlic; spread one heaping tablespoon over each ear of corn. Sprinkle with Asiago cheese.

Grilled Romaine Toss

PREP: 25 MIN. • **GRILL:** 10 MIN. • **YIELD:** 10 SERVINGS

- **¼ cup olive oil**
- **3 Tbsp. sugar**
- **1 tsp. dried rosemary, crushed**
- **1 tsp. dried thyme**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **8 plum tomatoes, quartered**
- **2 large sweet onions, thinly sliced**

GRILLED ROMAINE:

- **4 romaine hearts**
- **2 Tbsp. olive oil**
- **¼ tsp. salt**
- **¼ tsp. pepper**

DRESSING:

- **¼ cup olive oil**
- **¼ cup balsamic vinegar**
- **3 garlic cloves, peeled and halved**
- **2 Tbsp. brown sugar**
- **¼ cup grated Parmesan cheese**

1. In a large bowl, combine the first six ingredients. Add tomatoes and onions; toss to coat. Transfer to a grill wok or basket. Grill, covered, over medium heat for 8-12 minutes or until tender, stirring frequently. Set aside.

2. For grilled romaine, cut romaine hearts in half lengthwise, leaving ends intact. Brush with oil; sprinkle with salt and pepper. Place romaine halves cut sides down on grill. Grill, covered, over medium heat for 3-4 minutes on each side or until leaves are slightly charred and wilted.

3. For dressing, place the oil, vinegar, garlic and brown sugar in a food processor; cover and process until smooth.

4. Coarsely chop romaine; divide among 10 salad plates. Top with tomato mixture; drizzle with dressing. Sprinkle with cheese.

Editor's Note: *If you do not have a grilling grid, use a disposable foil pan. Poke holes in the bottom of the pan with a meat fork to allow any liquid to drain.*

Heavenly Greek Tacos

PREP: 30 MIN. + MARINATING • **GRILL:** 10 MIN. • **YIELD:** 6 SERVINGS

- **⅓ cup lemon juice**
- **2 Tbsp. olive oil**
- **4 tsp. grated lemon peel**
- **3 garlic cloves, minced, divided**
- **1 tsp. dried oregano**
- **¼ tsp. salt**
- **¼ tsp. pepper**
- **2 lbs. mahi mahi**
- **1½ cups shredded red cabbage**
- **½ medium red onion, thinly sliced**
- **½ medium sweet red pepper, julienned**
- **½ cup crumbled feta cheese**
- **6 Tbsp. chopped pitted Greek olives, divided**
- **¼ cup minced fresh parsley**
- **1½ cups plain Greek yogurt**
- **½ medium English cucumber, cut into 1-in. pieces**
- **1 tsp. dill weed**
- **½ tsp. ground coriander**
- **12 whole wheat tortillas (8 in.), warmed**

1. In a large resealable plastic bag, combine the lemon juice, oil, lemon peel, 2 garlic cloves, oregano, salt and pepper. Add the mahi mahi; seal bag and turn to coat. Refrigerate for up to 30 minutes.

2. In a bowl, combine the cabbage, onion, red pepper, cheese, 3 Tbsp. olives and parsley; set aside.

3. Place the yogurt, cucumber, dill, coriander and remaining garlic and olives in a food processor; cover and process until blended.

4. Drain fish and discard marinade. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill mahi mahi, covered, over medium heat or broil 4 in. from the heat for 3-4 minutes on each side or until fish flakes easily with a fork.

5. Place a portion of fish on each tortilla; top with cabbage mixture and sauce.

Cola Hot Wings

PREP: 15 MIN. • **GRILL:** 20 MIN. • **YIELD:** ABOUT 2½ DOZEN

- **3 lbs. chicken wings**
- **1 cup Louisiana-style hot sauce**
- **1 can (12 oz.) cola**
- **1 Tbsp. soy sauce**
- **¼ tsp. cayenne pepper**
- **¼ tsp. pepper**
- **Blue cheese salad dressing**

1. Cut chicken wings into three sections; discard wing tip sections. In a small bowl, combine the hot sauce, cola, soy sauce, cayenne and pepper.

2. Prepare grill for indirect heat, using a drip pan. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill chicken wings, covered, over indirect medium heat for 10 minutes. Turn; grill 10-20 minutes longer or until juices run clear, basting occasionally with sauce. Serve with salad dressing.

Editor's Note: *Uncooked chicken wing sections (wingettes) may be substituted for whole chicken wings.*

close to home

CELEBRATING the PEOPLE around the *Taste of Home* table

Feast & Family

Southern cooking was at its best during summer visits to her grandparents' farm | BY CLAUDIA GRIER

Good food is one of the joys of life, and it can leave behind such special memories. I come from a family of good Southern cooks, and every summer when I was growing up, we'd spend a couple of weeks at my grandparents' farm in Tennessee. My mother's eight brothers and sisters and their families all came to visit at the same time, and the rambling farmhouse overflowed with the sounds of children playing, adults laughing and, above all, the smells and sounds of food being prepared in the kitchen.

Looking back, I don't know how my grandparents coped with such an invasion: 18 adults, 19 children and a miniature French poodle. The house had six bedrooms, but some of us slept on feather mattresses on the floor or in a camper set up in the yard.

In the morning, breakfast called for mountains of biscuits with homemade blackberry jelly, country ham with red-eye gravy and scrambled eggs. It tasted even more special because the children helped gather the eggs from the henhouse each day. We had helped with the blackberry jelly, too. At least one afternoon of our visit was spent picking the berries. Our aunts then made dozens of jars of jelly and mouthwatering blackberry cobbler.

Lunchtime saw even more mouths to feed, as the farm workers joined us for fried chicken, gravy and mashed potatoes, fresh corn, green beans and other vegetables picked from my grandparents' huge garden. In addition to the cobbler, we had apple dumplings drizzled with cinnamon sauce—my favorite.

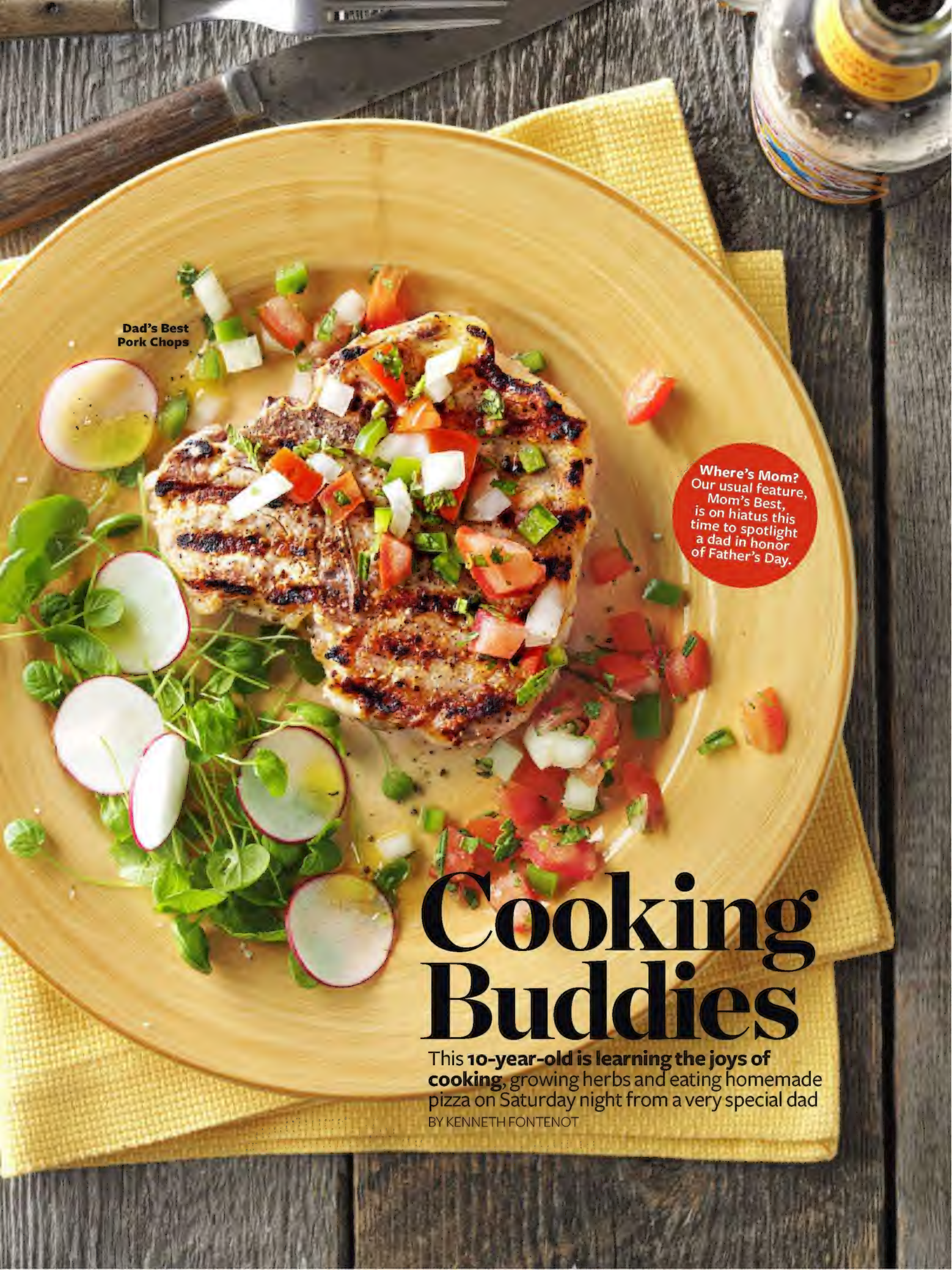
The kitchen was never empty. Between meals there were green beans and tomatoes to can, peas or strawberries to prepare for the freezer, and apples to be peeled and chopped for those delicious dumplings. As I grew older, I was expected to help in the kitchen rather than play outside with my younger cousins. But I wasn't resentful. It made me feel special, as if I had crossed the threshold into adulthood.

And that's how I learned to cook, watching my grandmother, mother and aunts fix meals with laughter and love. To this day, I remember the lessons I learned and the wonderful feeling of family togetherness during those precious summers. I hope I've helped make such everlasting memories for my own family, too. ■

Claudia is a high school English teacher and a *Taste of Home* Field Editor from Lancaster, South Carolina.

Do you have a heartwarming kitchen memory or a funny tale of cooking with your kids? We'd love to hear them. Send it to **editors@tasteofhome.com**.

ILLUSTRATION: ALICE TAIT / ART DEPARTMENT



Dad's Best Pork Chops

Where's Mom? Our usual feature, Mom's Best, is on hiatus this time to spotlight a dad in honor of Father's Day.

Cooking Buddies

This **10-year-old is learning the joys of cooking**, growing herbs and eating homemade pizza on Saturday night from a very special dad

BY KENNETH FONTENOT

One of the best things about my dad, Greg Fontenot, is his cooking. Another is that he's teaching me to follow in his footsteps. He's a scientist and works hard at a company that makes a treatment for epilepsy, so when he comes home at night, he likes to relax. And my dad relaxes best when he's in the kitchen.

Dad started cooking when he was 12 because his mom went back to work. "It was either that or wait to eat until she got home late at night," he told me. My mom works, too, at a drug company. She's a great cook but doesn't find it relaxing, so they take turns in the kitchen.

A lot of the food my parents make is influenced by their cultures: Dad is Cajun and Mom is Hispanic. Roasted Poblano Beef Stew is a family favorite. So is Dad's Cajun-style seasoning, because we all like spicy food.

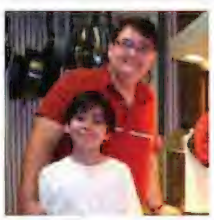
I started helping my dad in the kitchen seven years ago, when I was 3. I help by measuring and mixing the ingredients for muffins, pancakes and pizza. When we make pizza crust, I'm in charge of starting the yeast and mixing the flour. After Dad punches down the dough, I spread it out in the pan. Then he adds the sauce, and I top it with cheese and pepperoni.

When my dad was a kid, pizza was his favorite Saturday night meal, which he ate while watching *Hee Haw* on TV. Our family has a video picnic instead. We spread a blanket on the floor, put in a video and eat our homemade pizza.

Birthdays are another special time for us. The rule is that birthday cakes are made, not bought. Dad always asks for Italian cream cake, Mom wants carrot cake and I choose red velvet cake. Dad hopes that when I grow up, I'll carry on this tradition with my own family. He says that's why he's teaching me to cook: to make memories.

When we're not cooking, my dad and I spend time together hiking and fishing. He also raises orchids, vegetables, herbs and other kinds of plants, and he's teaching me about those, too. But it's in the kitchen that we have some of the best times. Happy Father's Day, Dad!

Kenneth Fontenot, a 10-year-old *Taste of Home* fan, lives with his parents, Maggie and Greg, in The Woodlands, Texas.



Kenneth and Greg Fontenot "My dad is so cool," says Kenneth, 10. "He lets me experiment with different flavors of salsa and milkshakes and many other things."

Dad's Best Pork Chops

My son, Kenneth, has loved pork chops since he was little, and he requests them often. He particularly likes this recipe because we pick the mint from the garden.
—**GREG FONTENOT** THE WOODLANDS, TEXAS

PREP/TOTAL TIME: 25 MIN. • **YIELD:** 4 SERVINGS

- **2 medium tomatoes, chopped**
- **¼ cup chopped onion**
- **3 Tbsp. minced fresh mint**
- **1 jalapeno pepper, chopped**
- **2 Tbsp. key lime juice**
- **1½ tsp. minced fresh rosemary**
- **4 bone-in pork loin chops (¾ in. thick)**
- **¼ tsp. salt**
- **¼ tsp. pepper**

1. In a small bowl, combine the first six ingredients. Chill until serving.
2. Sprinkle pork chops with salt and pepper. Grill chops, covered, over medium heat or broil 4 in. from the heat for 4-5 minutes on each side or until a meat thermometer reads 160°. Serve with salsa.

Editor's Note: *When cutting hot peppers, we recommend wearing disposable gloves. Avoid touching your face.*

All-Around Seasoning Mix

Extra Points for Versatility Greg's All-Around Seasoning Mix adds a zippy burst of flavor to freshly baked breads, seafood and more.

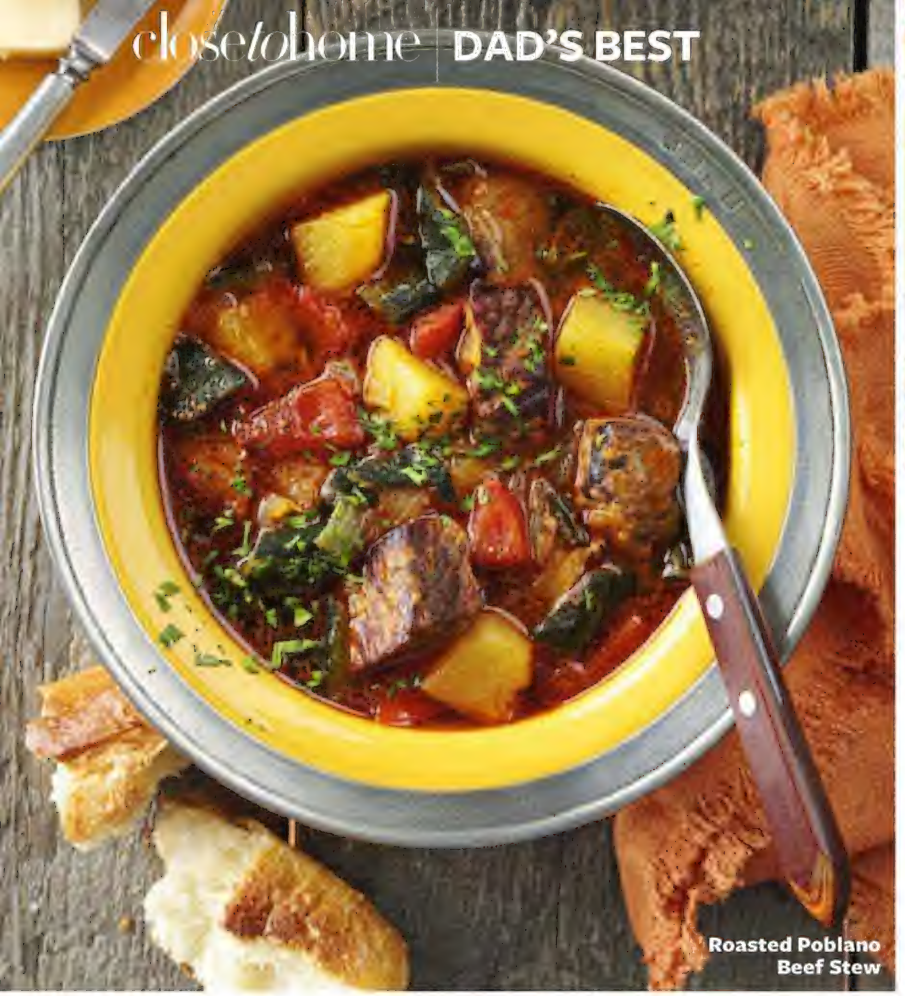
All-Around Seasoning Mix

I always keep this mixture on hand; it's good on anything, especially grilled pork, chicken and vegetables. Kenneth has developed a taste for heat, and this does supply some.
—**GREG FONTENOT** THE WOODLANDS, TEXAS

PREP/TOTAL TIME: 10 MIN. • **YIELD:** 1⅔ CUPS

- **½ cup paprika**
- **3 Tbsp. onion powder**
- **3 Tbsp. garlic powder**
- **3 Tbsp. cayenne pepper**
- **2 Tbsp. white pepper**
- **2 Tbsp. pepper**
- **4 tsp. salt**
- **4 tsp. dried thyme**
- **4 tsp. dried oregano**
- **4 tsp. ground cumin**
- **4 tsp. chili powder**

1. In a small bowl, combine all ingredients. Store in an airtight container in a cool dry place for up to 6 months.


Roasted Poblano Beef Stew

Honey Pecan & Goat Cheese Salad

What's your dad's or mom's best? If everyone loves their cooking, send several of their very best recipes, along with some information about your mom or dad, to **editors@tasteofhome.com**. You'll earn $100 if we use your story and recipes.

Roasted Poblano Beef Stew

I like to keep my son's heritage alive through cooking, and this recipe reflects my wife's Hispanic background. The first time I made it, she gave me high praise. Try serving it in flour tortillas.
—**GREG FONTENOT** THE WOODLANDS, TEXAS

PREP: 40 MIN. + STANDING • **COOK:** 2 HOURS
YIELD: 8 SERVINGS (3 QT.)

- **5 poblano peppers**
- **1 boneless beef chuck roast (2 to 3 lbs.), cut into 1-in. cubes**
- **2 Tbsp. olive oil**
- **1 medium onion, chopped**
- **3 garlic cloves, minced**
- **1 carton (32 oz.) beef broth**
- **2 medium tomatoes, chopped**
- **⅓ cup minced fresh cilantro**
- **1 Tbsp. chili powder**
- **1 tsp. salt**
- **1 tsp. ground cumin**
- **½ tsp. pepper**
- **2 large potatoes, peeled and cut into 1-in. cubes**

1. Broil poblano peppers 4 in. from the heat until skins blister, about 5 minutes. With tongs, rotate peppers a quarter turn. Broil and rotate until all sides are blistered and blackened. Immediately place poblanos in a small bowl; cover and let stand for 20 minutes.
2. Peel off and discard charred skins. Remove stems and seeds. Coarsely chop poblanos.
3. In a Dutch oven, brown beef in oil in batches. Remove and keep warm. In the same pan, saute onion until tender. Add garlic; cook 1 minute longer.
4. Gradually add broth; stir in the tomatoes, cilantro, chili powder, salt, cumin, pepper, poblanos and beef. Bring to a boil. Reduce heat; cover and simmer 1½ hours or until beef is tender. Add potatoes; cook 10-15 minutes longer or until potatoes are tender. Skim fat.

Honey Pecan & Goat Cheese Salad

I made this salad for my wife and son once while our pizza was baking. Kenneth loves goat cheese. One of my dreams is to own a herd of goats and make cheese, but when I talk about it with my wife, the result is major eye rolls.
—**GREG FONTENOT** THE WOODLANDS, TEXAS

PREP/TOTAL TIME: 25 MIN. • **YIELD:** 4 SERVINGS

- **½ cup chopped pecans**
- **2 tsp. plus 1 Tbsp. honey, divided**
- **⅓ cup plus 3 Tbsp. olive oil, divided**
- **2 Tbsp. balsamic vinegar**
- **½ tsp. salt**
- **⅛ tsp. pepper**
- **¼ cup all-purpose flour**
- **1 egg, beaten**
- **¾ cup seasoned bread crumbs**
- **8 oz. fresh goat cheese**
- **4 cups spring mix salad greens**

1. In a shallow microwave-safe dish, combine pecans and 2 tsp. honey; microwave, uncovered, on high for 1½ to 2 minutes or until toasted, stirring twice. Immediately transfer to waxed paper-lined baking sheet to cool. For dressing, in a small bowl, whisk ⅓ cup oil, vinegar, remaining honey, salt and pepper; set aside.
2. Place the flour, egg and bread crumbs in separate shallow bowls. Shape cheese into eight balls; flatten slightly. Coat cheese with flour, dip in egg and coat with bread crumbs.
3. Heat remaining oil in a large skillet over medium-hight heat. Fry cheese for 1-2 minutes on each side or until golden brown. Drain on paper towels.
4. Divide salad greens among four plates; top with cheese. Drizzle with dressing and sprinkle with honey pecans. ■

Grilling for Good

How two men are **using great barbecue to stretch their hands** and hearts from Atlanta to Africa | BY ELIZABETH RUSSELL | PHOTOGRAPHY BY MALI AZIMA

Q for a Cause Founders
Jeff Mette, left, and James Stickles.

It's a common enough scene: two men standing over a huge smoking grill, hunks of tender meat slowly charring over open flames, hungry people waiting for a bite. But that's where the ordinary stops and the unexpected kicks in. While the barbecue on this grill in Roswell, Georgia, will feed eager onlookers, it will also fill the bellies of 90 children on the other side of the world.

"All the money we make from selling our pulled pork goes to the Merciful Redeemer's Children's Home in Nairobi, Kenya," explains Jeff Mette, co-founder of the nonprofit barbecue operation Q for a Cause. "So far we've raised over $10,000, and we're planning to double that this year."

Q for a Cause was born when Jeff and his church buddy, James Stickles, realized they had both caught the barbecue bug. "We started entering and doing well in regional competitions, but we wanted to do more than earn a trophy with our cooking," says Jeff.

> "We're all given gifts, and James and I feel that our gift is cooking up some 'cue that people can't seem to get enough of."
>
> —Jeff Mette, co-founder of Q for a Cause

"Through our church, we learned about the extreme poverty these children were living in. Being an orphan in Africa means it's near impossible to find a clean cup of water. And the land is so desolate that even if you have food, there's nothing to burn to cook it. So we thought maybe while people here in Georgia enjoy our barbecue, we can impact the lives of these kids."

Through word of mouth and social media, Q for a Cause took off. From day one, the men have sold out of their pulled pork every time they offer it. "We're raising money and awareness but doing something we love at the same time," Jeff says. "And even though it's strangers who are helping them, these kids now know they haven't been forgotten. We've not only been able to feed them, we're sending several of them to high school as well."

Their success, in part, is strategic. "Our best tactic is scheduling the barbecue around large events, such as Memorial Day. We announce that we're selling it, create a high-quality product using our own rub and sauce, get help with packaging and then fill orders like crazy," says Jeff. "During the Super Bowl, we sold more than 450 pounds of pulled pork. Time after time, I turn to James and say, 'We could've sold twice that!' So each time we double the amount of meat, and we keep selling out. It's unbelievable."

While James and Jeff are proud of their success, they're more enthused about the success of the children that they're able to help. "We're genuinely excited that we've found a way to combine our passion with making a difference," James says.

"We're all given gifts," adds Jeff, "and James and I feel that our gift is cooking up some 'cue that people can't seem to get enough of. I think the lesson is that if you're open to giving, no matter how big or small, it can be used to bless people in ways you can't even imagine." ■

MORE ONLINE:
There are many more inspiring cooks out there. Learn about them at **cookswhocare.com**

Sassy Sauce
The guys also sell it by the jar at the events they host.

Share Your Story Tell us how you or someone you know gives back through cooking. Email **editors@tasteofhome.com**. If your story is selected, we will award your charity $250.

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Burgerstop USA

Famed food writers Michael and Jane Stern roamed America to uncover the **many faces of the hamburger**. Our readers share a few favorites, too

Michael and Jane Stern, authors of more than 40 books, travel the country looking for good food. For more of their culinary discoveries, visit **roadfood.com**

Minneapolis

Southern California

Pacific Northwest

There's no food with more multiple personalities than the hamburger. It can be a nickel-thin slider eaten by the half-dozen or a rich pillow of prime chopped sirloin as costly as a 2-pound lobster. It is doo-wop drive-in fare, but equally at home on the backyard grill or in a trendy bistro. Some burgers are lean and nutritionally virtuous; others are greasy delights hidden under gobs of melted cheese.

While burgers are everywhere in America, some regions boast their own unique style: **New Mexico** is home to cheeseburgers topped with fiery green chilies; **Wisconsin** boasts the butter burger (yes, drenched with melted butter); west of **Oklahoma City**, you'll find onion-fried burgers that sport thin hoops of onion smooshed right into the meat as it cooks, lacing it with caramelized vegetable sweetness. Two restaurants in **Minneapolis** claim the Juicy Lucy, a patty concealing a pocket of cheese inside that melts as the hamburger cooks. **Southern California** burgers are known for their outrageous quantity and quality of condiments, nowhere more evident than in the jaw-stretching tower of lettuce, tomato, pickles and onion stuffed inside the bun at Hodad's of Ocean Beach.

In the world of hamburgers, size makes all the difference. A 3- to 8-ounce patty is roughly the normal size. Plenty of them are smaller—White Castle makes 18 from each pound of beef. Those who prefer jumbo burgers have no trouble finding thick half-pounders. And really big eaters can go to Denny's Beer Barrel Pub in **Clearfield, Pennsylvania**, where the menu includes 3-pound behemoths, and where extremely hungry parties can special-order 50-pounders served in custom-baked buns. If it's girth you go for, visit Cotham's Mercantile in **Grand Prairie, Arkansas**, where the Hubcap Burger, a house special, is wide enough to eclipse a plate. For height, head to the Anchor Bar in **Superior, Wisconsin**; their Galleybuster is a mountain of three ⅓-pound beef patties layered with melted cheese and lots of grilled onions.

One of the strangest-looking burgers is served at Shady Glenn, a dairy bar in **Manchester, Connecticut**. It's created by laying three or four slices of bright-orange cheese on the patty as soon as it is flipped on the griddle, making sure the edges droop and start to melt onto the hot iron. As the grilling cheese turns chewy, the cook flips up its still-pliant corners with a spatula and curls them above the meat, where they harden and stand like the petals of a rose, creating a burger flower with a cheesy crown.

We always hunt for one-of-a-kind restaurants, but the **Pacific Northwest** chain called Burgerville is too excellent to ignore. The beef is steak-house juicy; if you like cheese with attitude, top yours with tangy Tillamook cheddar. Add local smokehouse bacon for its sweet-pepper punch, and you've got a four-star burger for under $5. On the side, how about Walla Walla onion rings or sweet potato fries with marshmallow-brown sugar dipping sauce and a hazelnut milkshake? Aah, now that's fine dining!

PHOTO OF STERNS, TODD FRANCE; ALAMY IMAGES: SPOON BRIDGE, FRANCK FOTOS; GIRL SURFING, ANTHONY ARENDT; MAN POINTING, AURORA PHOTOS

Cajun Beef Burgers

Flavor abounds in these hefty hamburgers, spiked with bits of veggies and Cajun seasoning. A creamy mayonnaise and Creole mustard spread adds even more Louisiana-style flair.

—**REBECCA BAIRD** SALT LAKE CITY FE

PREP: 30 MIN. • **GRILL:** 10 MIN.
YIELD: 4 SERVINGS

- ¼ cup mayonnaise
- 1 green onion, thinly sliced
- 1½ tsp. Creole mustard
- ½ tsp. minced garlic
- ½ tsp. grated lime peel
- ½ tsp. lime juice
- ¼ tsp. pepper
- ⅛ tsp. salt
- Dash hot pepper sauce
- Dash Worcestershire sauce

BURGERS:

- ¼ cup each finely chopped onion, celery and carrot
- 2 Tbsp. minced fresh parsley
- 1 Tbsp. butter
- 1 Tbsp. Cajun seasoning
- ¼ tsp. salt
- ¼ tsp. hot pepper sauce
- 1 lb. lean ground beef (90% lean)
- 4 onion rolls, split

1. In a small bowl, combine the first 10 ingredients until blended; chill until serving.
2. In a skillet, saute onion, celery, carrot and parsley in butter for 6-8 minutes or until tender; cool slightly.
3. In a large bowl, combine the vegetable mixture, Cajun seasoning, salt and pepper sauce. Crumble beef over mixture and mix well. Shape into four patties.
4. Grill burgers, covered, over medium heat or broil 4 in. from the heat for 5-7 minutes on each side or until a meat thermometer reads 160° and juices run clear. Grill rolls, cut side down, over medium heat for 30-60 seconds or until toasted. Serve burgers on rolls with sauce.

Family-Friendly Stuffed Cheeseburgers

We were experimenting one night and came up with these tasty cheese-filled burgers. Our kids and neighbors fell in love with them. They're so good that we often don't add any condiments.

—**ALETHEA OSBORNE** FLORENCE, KENTUCKY

PREP: 30 MIN. • **GRILL:** 10 MIN.
YIELD: 6 SERVINGS

- 1 cup chopped sweet onion
- ½ cup crushed saltines (about 15 crackers)
- 1 egg
- 1 jalapeno pepper, seeded and minced
- 1 envelope ranch salad dressing mix
- 1 Tbsp. Worcestershire sauce
- 1 garlic clove, minced
- 1 tsp. pepper
- 2 lbs. ground beef
- 1½ cups (6 oz.) shredded cheddar cheese
- 1 jar (4½ oz.) sliced mushrooms, drained
- 3 Tbsp. cream cheese, softened
- 6 kaiser rolls, split

1. In a large bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Shape into 12 thin patties.
2. Combine the cheddar, mushrooms and cream cheese; spoon onto centers of six patties. Top with remaining patties; press edges firmly to seal.
3. Grill burgers, covered, over medium heat or broil 4 in. from heat for 5-7 minutes on each side or until a meat thermometer reads 160° and juices run clear. Serve on rolls.

Fig-a-licious Pork Burgers

With fig puree and melted Gorgonzola, these burgers are almost a gourmet meal!

—**MARY CANNATARO** CHICAGO

PREP: 40 MIN. • **GRILL:** 10 MIN.
YIELD: 6 SERVINGS

- 2 cups dry red wine
- 1 medium onion, finely chopped
- 10 oz. dried figs, quartered
- 2 cups white wine
- ¾ cup chopped walnuts
- ⅓ cup dry bread crumbs
- 6 fresh sage leaves, thinly sliced
- 1½ tsp. salt
- 1 tsp. pepper
- 1½ lbs. ground pork
- ¾ cup crumbled Gorgonzola cheese
- 6 hard rolls, split
- 2 cups fresh arugula or baby spinach

1. In a large saucepan, bring red wine and onion to a boil; cook until liquid is reduced to 2 Tbsp., about 20 minutes. Set aside to cool.
2. In another large saucepan, bring figs and white wine to a boil. Reduce heat; simmer, uncovered, for 20 minutes or until figs are plumped and tender. Cool slightly. Transfer to a food processor; cover and process until blended. Stir in walnuts.
3. In a large bowl, combine the bread crumbs, sage, salt, pepper and red wine mixture. Crumble pork over mixture and mix well. Shape into six patties.
4. Grill burgers, covered, over medium heat for 5-6 minutes on each side or until a meat thermometer reads 160° and juices run clear. Top with Gorgonzola cheese; cover and grill 1-2 minutes longer or until cheese melts.
5. Grill rolls, cut side down, on medium heat for 30-60 seconds or until toasted. Spread 1 Tbsp. fig mixture on rolls; top with a burger and arugula. ■

A Moving Experience

A **Wisconsin Field Editor's** treasury of recipes reflects the varied places she has lived

BY JANELLE LEE

Saucy Thai Beef Noodles

Cool Beans Salad

I'm not that different from a lot of busy moms: I'm active in PTA and help out at my kids' school, and I get a kick out of preparing meals for my family. Perhaps I've moved a little more than some people: We lived in Louisiana, Idaho and Oregon before moving to Wisconsin.

In every place, though, I've picked up different tastes and cooking styles, and made many friends. I've shared and collected a lot of recipes, too. But if you're like me, you never can have too many recipes!

This Iowa gal didn't know anything about cooking Cajun when I moved to Louisiana, where I met my husband, Denny. After we got married, we'd get together with friends about once a month to play a card game called pokeno. During those games I sampled new dishes featuring crawfish, shrimp and other Cajun delights, many of them spicy. It took a while to adjust to the spiciness, but now I make a mean gumbo that's got more of a kick than anything I once thought I could tolerate.

The move to Idaho didn't result in sacks of potato recipes, but I was part of a cooking club—only, more often than not, we went out to eat and talk about recipes. Our time in Oregon was a feast of salmon and tuna; it was also where I first sampled sushi.

We've lived in Wisconsin now for six years, and of course, I quickly learned how to prepare bratwurst in onions, sweet peppers and beer. I've accumulated a lot of cheese recipes, too. Although I learned the most in Louisiana, I have collected more recipes here because, for the past four years, I've been part of a cooking club that's helped expand my culinary skills. Five friends and I get together each month to prepare themed entrees that we take home to our families for dinner that night. I've filled an entire notebook with recipes and started a second one. So, while we're settled here in Wisconsin, my travels in cooking continue.

Janelle is a stay-at-home mom with a degree in nursing. She and her husband, Denny, an electrical engineer, are the parents of Dillan, 19; Hunter, 14; and Meredith, 12. They live in Appleton, Wisconsin.

Saucy Thai Beef Noodles

This stir-fry has been a family favorite for some time. I like to double the recipe and add extra vegetables. —**JANELLE LEE** APPLETON, WISCONSIN

PREP/TOTAL TIME: 30 MIN. • **YIELD:** 6 SERVINGS

- ½ cup 2% milk
- ½ cup creamy peanut butter
- ¼ cup soy sauce
- 2 Tbsp. brown sugar
- 2 Tbsp. sherry
- 2 garlic cloves, minced
- ¼ tsp. crushed red pepper flakes
- 3 drops hot pepper sauce
- 12 oz. uncooked spaghetti
- 1 beef top sirloin steak (1 lb.), thinly sliced
- 1½ tsp. canola oil, divided
- ½ cup thinly sliced fresh carrot
- ½ cup julienned sweet red pepper
- 1 cup fresh snow peas
- 2 green onions, sliced
- ¼ cup chopped salted peanuts
- 2 Tbsp. minced fresh cilantro

1. In a small saucepan, bring the first eight ingredients just to a boil, stirring constantly. Remove from the heat; set aside. Cook spaghetti according to package directions.
2. In a skillet or wok, stir-fry beef in ½ tsp. oil until no longer pink. Remove and keep warm. Stir-fry carrot and red pepper in remaining oil for 3-4 minutes. Add snow peas and onions; stir-fry 2-3 minutes longer or until vegetables are crisp-tender. Return beef to skillet.
3. Drain noodles; add to pan. Add peanut sauce and toss to coat. Sprinkle with peanuts and cilantro.

Lemon Breakfast Parfaits You can use whatever seasonal fruit you have on hand for these easy eye-openers.

Cool Beans Salad

I got this colorful salad recipe from a good friend. It's easy, portable and delicious, and you can make it a day ahead. I like munching on any leftovers with pita chips for a snack. —**JANELLE LEE** APPLETON, WISCONSIN

PREP/TOTAL TIME: 20 MIN. • **YIELD:** 6 SERVINGS

- 3 cups cooked basmati rice
- 1 can (16 oz.) kidney beans, rinsed and drained
- 1 can (15 oz.) black beans, rinsed and drained
- 1½ cups frozen corn, thawed
- 4 green onions, sliced
- 1 small sweet red pepper, chopped
- ¼ cup minced fresh cilantro

DRESSING:

- ½ cup olive oil
- ¼ cup red wine vinegar
- 1 Tbsp. sugar
- 1 garlic clove, minced
- 1 tsp. salt
- 1 tsp. ground cumin
- 1 tsp. chili powder
- ¼ tsp. pepper

1. In a large bowl, combine the first seven ingredients. In a small bowl, whisk the dressing ingredients; pour over salad and toss to coat. Chill until serving.

Lemon Breakfast Parfaits

I serve these lively, layered parfaits as a refreshing start to a busy day. You can make the couscous mixture ahead, cover and chill. —**JANELLE LEE** APPLETON, WISCONSIN

PREP: 25 MIN. + COOLING • **YIELD:** 6 SERVINGS

- ¾ cup fat-free milk
- Dash salt
- ⅓ cup uncooked couscous
- ½ cup reduced-fat sour cream
- ½ cup lemon yogurt
- 1 Tbsp. honey
- ¼ tsp. grated lemon peel
- 1 cup sliced peeled kiwifruit
- 1 cup fresh blueberries
- 1 cup fresh raspberries
- Chopped crystallized ginger and minced fresh mint

1. In a small saucepan, bring milk and salt to a boil. Stir in couscous. Remove from the heat; cover and let stand for 5-10 minutes or until milk is absorbed. Fluff with a fork; cool.
2. In a small bowl, combine the sour cream, yogurt, honey and lemon peel. Stir in couscous.
3. Combine kiwi, blueberries and raspberries; spoon ¼ cup into each of six parfait glasses. Layer with couscous mixture and remaining fruit. Garnish with ginger and mint. ■

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An asterisk (*) indicates that the Field Editor has an online screen name. For a list of screen names, go to **tasteofhome.com/screennames**

closeencounter

Many of our Field Editors are recognized in public. Here is one such experience.

"One morning early in the school year, one of my seventh-graders came running up the hallway behind me, shouting my name over and over until he reached me. He hit the floor so quickly that he almost slid into my knees! I couldn't imagine what was wrong as he dug through his backpack. At last, he pulled out the *Taste of Home* magazine that featured me in 'Field Editor Favorites.' He quickly flipped to the page and read the names of my recipes. All that day I could see him in the hallway between classes sharing it with other students. They found it pretty impressive to see their teacher in a magazine."

—**ALAINA SHOWALTER** CLOVER, SOUTH CAROLINA

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CONTRIBUTOR GUIDELINES

1. *Want to see your name in print?* Send us your favorite recipe to share with other readers. It's easy! Simply use the convenient form at **tasteofhome.com/submit**

2. When sending recipes, please be specific with directions, measurements and sizes of cans, packages and pans. And please share a few words about the recipe and yourself. (For recipe contest entries, follow the directions on *page 66.*)

3. Please be patient. Due to the large volume of mail, it can take our small staff several months to review submissions. We may hold your material without informing you, but we will let you know if we publish something you submitted. Materials that won't fit in *Taste of Home* may be considered for our Web sites, cookbooks, promotions and other publications.

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5. To submit stories, tips, photos or other nonrecipe content, send them to *Taste of Home*, 5400 S. 60th St., Greendale, WI 53129, or email them to editors@tasteofhome.com. Please submit high-resolution digital photos as jpegs at 300 dpi.

RECIPE INDEX

Nutrition facts for all recipes available at **tasteofhome.com/plus**
Noted costs are price per serving. If no cost is listed, price will vary.
*Recipe includes nutritional facts

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Our Test Kitchen has "paired down" some recipes from this issue. Find "serves 2" versions at **tasteofhome.com/plus**

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Al Roker

NBC's *Today* show co-host **chats about grilling, romance** and one **news anchor's** cooking abilities

INTERVIEW BY MICHELE MEYER | ILLUSTRATION BY MICHAEL WITTE

1 Will you grill for Father's Day and the Fourth of July? Oh, yeah. I grill all the time—steak, lamb or fish. I also barbecue pork shoulders.

2 Who's the best nonprofessional cook you know? *Today*'s Ann Curry. She makes a really good pasta puttanesca.

3 What would be your ideal setting for a meal? If it's with our three kids, it'd be all of us together in our dining room. If it's a warm summer day, it would be in the backyard; and if it's a romantic meal with my wife, it would be in a restaurant with a view of a pretty skyline.

4 What's the best home-cooked meal you've ever eaten? My mother's Thanksgiving feast: turkey, ham, collard greens, macaroni and cheese, sweet potato casserole, peas and rice, and salad. She had a four-burner and an oven; I've got two Viking ovens, six burners and a griddle, and I still don't know how she did it.

5 What's your signature dish? A bone-end rib eye, grilled asparagus, and potatoes wrapped in foil and baked on the grill.

6 What food most reminds you of your childhood? Grilled cheese sandwiches with cream of tomato soup. My mother would put butter on the bread before grilling it for lunch. There's no diner near work, so I haven't had it in a long time.

7 What's your guilty pleasure? French fries, usually with ketchup, sometimes with aioli.

8 Do you have any beefs with amateur grillers? People flip and poke the meat too much and press on burgers with a spatula. Let the meat cook on one side and then flip it—once. And putting steak sauce on a really fine cut of meat is sacrilege.

9 What's your must-have kitchen utensil?

10 Any last food for thought? Enjoy yourself when you cook. Don't look at it as a chore.

Al Roker is co-host of NBC's *Today* show, the host of *Wake Up With Al* on The Weather Channel and author of *Al Roker's Big Bad Book of Barbecue*.

MORE ONLINE: For one of Al's favorite July Fourth recipes, visit **tasteofhome.com/acrossthetable**

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